

HOW TO SAVE SOMEONE'S LIFE





Screenshot of 'Twins TV' video

It's no longer "just a prank," brah.

YouTube is well-known for its prank videos. "It's just a prank, brah!" is famously uttered by many self-identified pranksters after people get (deservedly) angry at them. Still, I hadn't realized how bad some of these can be, since I mostly stay away from this area of YouTube. I had mostly just watched PrankvsPrank videos, with a couple messing with each other in non-harmful (but sometimes mean) ways. None of that prepared me for how shitty many of the popular pranksters are. I'm just going to focus on two, but I'm sure they're just the tip of the iceberg.

I had a suggested video in my feed recently critiquing YouTuber DaddyOFive, whose channel seems to be dedicated to harassing—I mean, pranking—his young children. In the video that was being discussed, his son Cody, who is nine, has just received a new tablet and is incredibly excited. His dad pretends to break it, and then yells at Cody and badgers him while Cody cries and tells his dad how devastated he is. When Cody later tries to run out of the room crying to get away from his dad and the camera, his dad knocks him into a bookshelf, and you can see blood on Cody's head later on.

The video is just over 20 minutes long, most of which is Cody alternately

crying and getting angry. It's interspersed with the dad and an older son laughing while Cody's out of the room. Looking at DaddyOFive's other videos, harassing Cody (and presumably his other kids) seems to be a hobby of his. I can't imagine dealing with this as a young child, especially because they should be able to trust their parents, and also have a semblance of privacy.

A more typical (sadly) prank channel I recently watched some videos by is TwinzTV, who claim to publish "the craziest pranks on the internet." I sincerely hope they're correct, because their pranks cross so many lines that I wouldn't want any channel to be "crazier." Many of their pranks seem to involve leaving an object—a phone, a bike, a scooter—out as bait to be stolen, and then injuring or assaulting the thieves.

My introduction to them was "INSANE DOWNHILL BAIT BIKE IN THE HOOD (NO BRAKES!)." In this, they left a bike along a handrail on a sidewalk. They tied a thin but strong cord to the back of the bike and to the handrail, so when the thieves took the bike and started riding quickly (downhill, as it says) away from where it was left, the bike is stopped by the rope and they go flying off of it, over

the handrails, face first into pavement. What a prank! They really got them!

In others, the bikes had tasers planted on the seats, which the pranksters set off by remote to electrocute the thieves, who would then crash. In another, they hid on the other side of the road and shot the bike thief with paintball guns. In one with a bait vespa, they set up a sort of air-bag seat contraption to explode and send the thieves off the bikes while they were driving on the road. Most of these "EXTREME PRANK" videos have millions of views, and way more Likes than Dislikes, which shocked me.

These videos make me super uncomfortable for a lot of reasons. To start with, most of these theft videos have "IN THE HOOD" in their title, which implies they are going to more dangerous areas for their pranks. Extreme! However, it really just means that they are deliberately going to lower income areas to target and entrap poor people of colour. I'm not saying stealing is okay, but I am saying that leaving an unattended couple-hundred-dollar bike out in an area with a higher population of desperate people who need money, and then injuring them when they take the bike, is not okay. TwinzTV is just injuring

people to get money on the internet. And like DaddyOFive, many of their videos are interspersed with them turning the camera on themselves to make stupid faces and laugh at their extreme "pranks."

On a base level, I understand why pranks have gone to this level on YouTube. In order to earn subscribers and stand out from all the other channels doing the same shit, you need to be original. However, this is way too far. Psychologically and physically hurting your children or entrapping and injuring strangers is not okay. It will never be okay. I don't care if your kid reacts funny when they're angry, or if these people stole something. No one deserves that. And it makes me even sadder to know that people are watching, liking, and encouraging this content.

Hopefully it improves, but as long as these tactics earn YouTubers money and subscribers, I doubt it will.

Until next issue,

Lauren Kelly

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- ✓ Students helping seniors
 - ✓ Douglas to inaugurate public hearing instrument education
 - ✓ ACCESS Youth Outreach
- And more!

INDIGENOUS LIVELIHOOD:

\$3.4B

BUSINESS START-UPS:

\$400M

INDIGENOUS EDUCATION:

\$219M

INNOVATIONS:

\$950M

Federal Budget 2017:

How does it affect students?

CODING:

\$50M

MATERNITY:

18Months

> Budget provides more for Indigenous, parents, and innovators

Mercedes Deutscher
News Editor

Led by Finance Minister Bill Morneau, the Liberal Party presented their 2017 federal budget in the House of Commons on March 22.

At a glance, the budget appears to offer less than its 2016 predecessor, and focuses on fewer areas.

The budget also delivered a \$28.5 billion deficit, almost \$10 billion over its predicted \$19.4 billion deficit that was projected in 2016. The 2017 budget brings \$1.5 billion less of a deficit than its predecessor.

Yet what does the 2017 budget bring to students?

Indigenous students can expect a \$219-million increase in funding towards their post-secondary and trade education over the next five years. The money for the education comes out of an overall \$3.4 billion of additional funding delegated towards improving Indigenous livelihoods.

“However, there were no other programs announced directly for other students—a disappointment after so many student programs were introduced in the 2016 budget.

However, there were no other programs announced directly for other students—a disappointment after so many student programs were introduced in the 2016 budget.

Still, there may be a benefit to students who bear and care for children. In fact, the 2017 budget is seemingly the most beneficial for parents and families.

Maternity leave may be extended up to 12 weeks, while parents may now extend their 12-month parental leave up to 18 months. The old parental leave system allowed 12 months leave on a 55 per cent rate on employment insurance. Should parents opt for the extended leave of 18 months,

the employment insurance rate is dropped down to 33 per cent.

When parents do finish their leave, they will have the opportunity to access new child care spaces in 2018, with \$7 billion allocated towards building child care spaces over the next 10 years.

Future business owners may qualify for federal funding in the near future. Over the next three years, \$400 million will be delegated to business start-ups.

Those who find their calling in research and innovation may soon be able to call in for cash. The government will be allocating \$950 million towards innovations, especially if said innovators work in the tech sector. In addition, there

will be a new agency focusing on skill development opening in 2018 or 2019.

Young students across the country will be given the chance to grow up with an increasingly critical skill—coding. Over the next two years, \$50 million will be delegated towards programs that will teach children to code.

Despite these potential opportunities for students, there is a downside.

Those who were claiming the transit tax credit, which reimburses the cost of unlimited-travel passes, will no longer be able to do so, since the transit tax credit is being phased out. While uncertain if the credit would even be effective for U-Passes, it may have been helpful for students who took a semester off and needed to rely on full-priced passes.

In addition, those who have been rejoicing at the incoming ride-share services may be disappointed to hear that GST will be applied to the costs of ride-share trips. And yes, that does include Uber.

BC NDP reveals two post-election promises

> Goals become clearer as election looms

Greg Waldock
Staff Writer

The BC NDP has announced two major party decisions in the past month.

The first is an endorsement for an alternate plan to the proposed Massey Bridge, which is being headed by the Liberals, the NDP's main provincial opposition.

The Massey Bridge plan is a Liberal Party project to replace the old Massey Tunnel between Richmond and Delta with a 10-lane bridge. The NDP has now officially come out against starting construction on the bridge, siding with the mayors across Metro Vancouver who are opposing the plan.

BC NDP leader John Horgan has said that while they "won't rule out a bridge," he wants the party to defer to the mayors' experience and judgement.

The mayors themselves are arguing for more consultation. Port Coquitlam mayor Greg Moore told the *Globe and Mail* that he opposes "the scope of the project, and would like to talk about that point with the provincial government." The Green Party also opposes the bridge, citing possible damages that traffic will bring to surrounding farmland.

The second announcement from the NDP was that they would not be automatically re-hiring the school board that was fired in 2016 by the Liberals, revoking an earlier pledge to do so.

The entire school board was fired in

2016 by Education Minister Mike Bernier following their failure to pass a required balanced budget. The school board had been split between representatives from the major Vancouver parties, and rejected the final proposed budget due to disagreements around budget cuts and school closures. A later report indicated the school board underwent harassment around these same issues, though the report has been rejected by various teachers' unions around the city.

This prompted immediate condemnation by Horgan—paired with a promise to restore their positions, a promise that was held until recently.

On March 16, Horgan told *The Globe and Mail*: "What we have now is a school board that does not have duly elected representatives—and I think that's wrong and we should fix that."

The NDP have now stepped away from that promise.

In an interview with the *Georgia Straight*, NDP education critic Rob Fleming said they "hoped that [the Liberal Party] would back down," indicating that this was a political maneuver to force the Liberals into rehiring the board. Fleming stated that a by-election for the Vancouver School Board will be called after the NDP takes power.

The two moves show that the NDP is ramping up their run for provincial leadership by specifically taking stances against the incumbent Christy Clark. Clark's Liberal Party represents the NDP's biggest challenge on election day.



John Horgan, image via dailymail.com

Douglas to inaugurate public hearing instrument education

> Students to begin program in fall

Mercedes Deutscher
News Editor

The demand for more health workers only increases as the large baby-boomer population continues to age. Post-secondary institutions across the country continue to educate an increasing number of nurses, doctors, and other specialized healthcare workers.

Now, the opportunities for students interested in audiology are increasing, particularly at Douglas College. Douglas students can now start applying for a spot in the Hearing Instrument Practitioner Diploma program, set to open its classes in the Fall 2017 semester. All classes will be held at the David Lam Campus in Coquitlam, which houses many of Douglas' specialized programs.

"Hearing loss is becoming more of an issue, and with the baby-boomer population aging, there will be an increased need for hearing healthcare professionals in the near future," said Wayne Mullen, an instructor with the Faculty of Science and Technology, in a press release.

All students interested in the

program are not only encouraged to attend the April 18 information session on the program, but required to in order to be admitted into the program. They must also pass a criminal record check and participate in an interview.

"Students are given the flexibility to do a portion of their studies online, with a significant hands-on applied component, ensuring they will have the practical skills needed to be successful in the field," said Brian Chapell, Dean of the Faculty of Science and Technology, in a press release.

Aside from a single communications course, the program introduces over a dozen new courses. In addition to the 15 required courses, the program also requires its students to complete 3 practicums. After the program is complete, students should be in an ideal place to take the required provincial licensing exams needed to become a qualified hearing instrument practitioner.

The program is the first of its kind in BC. Currently, there are no other hearing instrument practitioner programs available in a BC public post-secondary institution. For the time being, this will ideally mean that audiology students will flock to Douglas.



Image via Wikimedia

Students helping seniors

› DSU Love Caravan Club reaches out to elderly community



Image via accessyouth.org

Aaron Guillen
Staff Reporter

According to a 2012 report, Canadians agreed that seniors 75 and older are seen as less important and are more often ignored than younger generations in society. Jesús Lopez, current President of DSU Love Caravan Club, strives to change that perspective, especially among college students.

As a part of Love Builder, a non-profit organization across BC, the student-run DSU Love Caravan introduces young and vibrant students to the joys of connecting with the local senior community.

“As our program aims to bring love to the seniors in the community, we devote [our time and efforts] to promoting the virtues of being caring, responsible, and respectful among the young generation,” said Lopez. “Thus, we are not only being supportive to our current community, we plan and take action to create a positive cycle for its future as well.”

Many of the students who are members of the DSU Love Caravan are international. Lopez talked about “kodokushi,” a societal phenomenon that has been taking place in Japan. Translated literally, it means “lonely death.” In growing numbers, seniors without social connection are found weeks or sometimes months after their deaths. Initiatives like the DSU Love Caravan take strides in preventing kodokushi from making its way into Canada in the future.

While the burden of balancing student life and volunteer time has been a challenge for many of its members, the

DSU Love Caravan moves along every day.

“I am part of Love Caravan because I feel happy when I see seniors’ faces. It brings me warmth. I also can meet different people from other countries and it gives me the opportunity to have a broader way of thinking. It also helps me practice my English skills,” said Kana Chan, a member of the group.

Last year, the Love Caravan successfully organized the first Cross-Canada Volunteer Tour for seniors. They hope to run the tour once again during the upcoming summer months. Lopez, alongside various organizers across the province, hopes to develop the program into a nation-wide initiative that will be embraced by most Canadian youth in the upcoming years. The DSU Love Caravan has served over 1,200 seniors in the Metro Vancouver region. In addition, more than 90 per cent of seniors said that they appreciated the boost of mental happiness they were brought through the Love Caravan.

“I am part of Love Caravan because I feel this is not only a good thing to do, but also a right thing to do,” said Love Caravan member Alan Cho.

“Just try our volunteer work for just one time. At the end of every event, seniors will come and say, ‘Thank you’ or ‘We need more people like you in our society,’” Cho said. “After [hearing their gratitude], my friends and I are no longer the same people who thought they should have been playing *League of Legends* during that time, or regretted not going to English Bay with our best friends. I can guarantee you that you won’t regret that decision for the rest of your life.”

No youth left behind

› ACCESS Youth Outreach meets youth where they are



Images via DSU on Facebook

“ I’m glad this thing exists...I think it makes people feel safer and happier.” – Devon, 16

Aaron Guillen
Staff Reporter

Family conflict, substance abuse, and exploitation can lead young individuals to become dissociated from community. This may even lead to gang involvement and mental health issues.

ACCESS Youth Outreach Services aims to reach out to youth and guide them along a path to success before it’s too late. This Port Coquitlam-based non-profit organization has touched the lives of thousands of youth between 12–23 years old since its doors first opened in 1992.

The organization, previously named PoCoMo, has grown and developed in its efforts to meet youth on their level by adapting to their needs. One of the most successful programs has been Project Reach Out, in which a drop-by bus is open to any young minds looking for guidance or assistance in their lives, without judgement.

“We have young people coming to us with a range of challenges,” Jerome Bouvier, ACCESS’ executive director, said to *Tri-City News*. “Maybe it is social anxiety—some are just trying to feel comfortable leaving the house—to even more core issues, transgender issues, identity issues, substance abuse issues.”

Currently, every Friday and Saturday night from 7 p.m.–12 a.m., three spray-painted buses make their rounds in the Tri-City area (Coquitlam, Port Coquitlam, and Port Moody) to various parks, recreation centres, and school grounds. With volunteers prepared with snacks and smiles, the unique outreach program has resonated with the local community.

“[The bus] has kept me safe at night and it gives me good info about why I shouldn’t do drugs and the people on the bus don’t make me scared to open up,” shared Jerrod, a 14-year-old, on the ACCESS Youth testimonials page.

“I love the youth bus,” said Devon, a 16-year-old, in the testimonials. “I’m glad this thing exists. It should be in every country, and I think it makes people feel safer and happier. It feels good to get on the bus and not get totally judged.”

While Project Reach Out has been a hit, demand is predicted to increase, especially with more families moving into the Tri-City area and there being limited resources available. ACCESS relies strictly on the generosity of British Columbians. Whether it be through volunteering time at the organization or donating weekly or monthly, ACCESS hopes that support will remain strong in order to reach even more youth in the coming years.

Last week, DSU Love Caravan held their first event as an official DSU club at a retirement home on March 26. For more info on future events, head to their Facebook page, Love Caravan or email jlopezf144@gmail.com. The club meets every other week and holds events once a month.

- ☑ War of the words
 - ☑ YouTube music video classics: 'Green Light' by Lorde
 - ☑ A faire deal
- And more!



Spring concerts from the Music Department

> Upcoming performances by Douglas students and ensembles

Caroline Ho
Arts Editor

The Douglas College Music Department is holding several concerts in the next few weeks as part of the Spring 2017 Concert Series. These events will showcase the artistry and dedication of Douglas music students and community members. The upcoming concerts will take place in the Laura C. Muir Performing Arts Theatre, and with the exception of Arts at One, all shows will begin at 7:30 p.m.

Arts at One

Arts at One concerts are held almost every Thursday at 1 p.m. during the Fall and Winter semesters, and the shows coming up at the end of the term are especially worth checking out. March 30 is the first Student Showcase Concert, April 6 is the Student Ensemble Concert, and April 13 is the second Student Showcase Concert, which also includes the Long & McQuade

Student Recognition Awards. These three concerts, and all Arts at One concerts, are completely free, giving audiences a chance to appreciate the countless hours of learning and practice put in by talented music students over the past few months.

Choirs in Concert (Saturday, March 25)

Unfortunately, this event is already over, but this lovely show was performed by the Douglas College Chorus and Chorale vocal groups, directed by Eric Hannan. The concert included a broad selection of beautiful works, including Arvo Pärt's haunting and evocative *Salve Regina*, the harmonious *Missa Brevis* by Benjamin Britten, and many more musical pieces. This event took place off-campus at the Queens Avenue United Church.

Awards Benefit Concert (Friday, March 31)

Featuring the Douglas College Choirs and Concert Band, this concert is held yearly for the Douglas College Award

Fund for Music Students. The concert is free for students, \$10 for general admission, and \$5 for seniors. The proceeds go towards supporting the students of the Music Department.

Current Sound Waves VI (Thursday, April 6)

The sixth annual Current Sound Waves recognizes the skills of students in the two-year Music Technology Diploma Program directed by Blair Fisher, and the Douglas College Midi Ensemble directed by Robert Caldwell. Students in Music Technology develop expertise in areas like audio recording, studio maintenance, sequencing and sampling, and developing music for film, video, and other media—skills that are sure to show up in the compositions and recordings performed at this event, which is free for all audiences.

Student Composition Concert (Friday, April 7)

Presenting a collection of freshly-written

works, the Student Compositions Concert directed by Doug Smith showcases original pieces created by Douglas music students over the past semester. Last semester's concert featured a stunning variety of songs, from moving piano solos to full-on musical numbers with vocals and small ensembles. This term's edition of the concert is sure to be just as riveting, and it also has free admission.

An Evening of Jazz (Monday, April 10)

Fans of Big Band are sure to have a fantastic evening listening to lively performances by Douglas College's Night Band and Dues Band. The Dues Band is largely made up of full-time music students, while the Night Band contains both talented Douglas students and experienced music professionals, and has performed across the country. An Evening of Jazz is directed by Blair Fisher and John Van Deursen. General admission tickets are \$10, and admission for seniors is \$5, while the show is free for students.

The first six episodes of 'Iron Fist': Bad, but oddly watchable

> 'Iron Fist' show review

Greg Waldock
Staff Writer

Netflix's *Iron Fist* might be the most contentious Marvel show yet. Mired in controversy surrounding race politics, poor casting, and extremely negative early reviews, the much-maligned series was finally released to the general public on March 17.

Danny Rand is the only child of the billionaire CEO of Rand Enterprises. He and his family crash land and

presumably die in the Himalayas, but Danny is rescued by monks of K'un-Lun, a mystical interdimensional monastery that only appears on Earth every 15 years. He is trained to become the legendary living weapon, the titular Iron Fist. The show kicks off with Danny reappearing 15 years after his crash in New York, seeking his company and his friends.

The series is, undeniably, the worst Netflix-produced Marvel show to date. Following in the astounding footsteps of shows as complex as *Daredevil*, *Jessica*

Jones, and *Luke Cage*, *Iron Fist* was an opportunity to introduce magic and the mystic arts to the "street-level heroes" that will eventually become *The Defenders*. It flubbed, and it flubbed hard. But damned if there isn't something so incredibly fascinating about the unorthodox character archetypes in this show.

In fact, "unorthodox" is pretty much the best word for this show. A character based entirely around stylish kung-fu has the worst fight choreography of all *The Defenders*. Cliché and poorly-

acted villains become fascinating and poorly-acted villains. The music score features a heavy synth bass that has nothing to do with China, New York, or the lead character. It's just an odd show fill with odd choices. If it were a better show, I'd be calling it "daring and risk-taking" instead of "terrible and weird."

More and more articles and interviews are revealing an incredibly rushed production and some messiness behind-the-scenes. Poor Finn Jones, who plays Danny Rand, could have been a really interesting and creative casting choice, but he allegedly had only a handful of minutes to memorize fight scenes. The writing is so sloppy it could only be the result of scripts being hastily rewritten while shooting. Whatever recipe for success Netflix and Marvel had for the previous three shows, it just doesn't exist here.

If the series weren't so integral to the incoming *The Defenders* miniseries, I would recommend skipping it entirely. Only a die-hard MCU fan could get much enjoyment out of it—more casual fans should alternate between *Iron Fist* and a *Daredevil* palate-cleanser. Hopefully this isn't a sign of things to come for *The Defenders* and *Punisher*.

Creative Writing department's annual anthology is out

› Book launch of 'Pearls 36'

Caroline Ho
Arts Editor

The Douglas College Creative Writing department has launched the 36th annual edition of *Pearls*, an anthology of student-written works from a variety of genres and a range of courses in the department.

The release of the volume was celebrated at a book launch event that took place last Friday evening in the Studio Theatre, where 10 students read selections from their writings published in *Pearls 36*. An audience full of faculty, fellow students, and other guests got to hear these writers share their poems, narratives, stories, and scripts aloud.

After a brief welcome by much-adored Creative Writing chair Elizabeth Bachinsky, she handed the podium over to the writers. Each student's presentation was prefaced by a short introductory spiel by one of the department's instructors, who lauded their students' creativity and ability to impress even these seasoned writing teachers.

The first reading of the night was by Alexandra Atleo, who presented a poem about professions. Her piece is a delightful read on paper, but aloud it was even wittier, paced perfectly to flow from line to line.

Several students shared excerpts

from personal narratives, written about their own experiences. Glenda Leznoff, who teaches Personal Narrative along with Screenwriting and Fiction, told attendees that this genre is challenging in that it demands a lot of risk-taking from the writer to open up about intimate details in published anthology form, and in front of a sizeable audience. Cayenne Bradley read a touching narrative about some inner demons in her family. Keaten Campbell also shared a segment of a narrative that he wrote, drawing listeners into his struggles to discover a sense of home.

Less filled with personal detail—but no less touching—were the excerpts from fictional stories read at the launch. Amy Groves' story about an audacious old granny and her disabled dog had the audience chuckling along to the heartwarming tale. Amanda Marier's self-described "dark and twisty story" set the nightly scene of a woman's smoking habit, an excerpt that was all the more enrapturing due to the abrupt point at which she paused the reading.

Pearls 36 also contains speculative fiction, a genre which is relatively new to Douglas College and has only been taught in the department for a few years. Speculative fiction often includes aspects that are scary, fabulous, and magical; the first of these was definitely present in the excerpt read by Rohman Barisoff from

“ The Douglas College Creative Writing Department has launched the 36th annual edition of *Pearls*, an anthology of student-written works from a variety of genres and a range of courses in the department.

his story, which included pain, a dog, and a discomforting dental problem.

Vannesa Romein presented part of a picture book, although she told the audience that they would have to use their own imaginations to supply the pictures, which were easy enough to envision with her charming tale of a complacent king and his knight.

The book launch even included readings from a screenplay, a format of presentation that gives a considerably different experience compared to reading a script in print or watching it acted out in film. Carson Marquardt's screenplay follows a hitchhiker picked up by a woman with a surprise in her trunk. The screenplay was brought to life rousing as Marquardt and guest readers flitted between scene directions and dialogue.

Near the end of the event came the presentation of the Maurice Hodgson Creative Writing Award of Distinction, given in honour of the late Maurice Hodgson, who was the head of the Creative Writing Department for many

years. Bachinsky explained that usually the department chooses two students to recognize, Gold and Silver, but this year the faculty was so impressed that they had to name two Gold recipients: Hannah Ewing and Blake Rayment.

The two talented writers gave short speeches of appreciation for the incredibly supportive and welcoming Creative Writing community before reading from their own works. Rayment shared a segment from his personal narrative about his painful experience with kidney stones as a child, a story of cringe-inducing hilarity. Ewing read a part of her fictional piece featuring a young woman who is pondering, among other things, the fragility and futility of life.

Hearing all of the works read aloud by their writers adds a new level of intimacy to the pieces. Many of the presenters chose to end their excerpts on cliffhangers, giving audiences extra incentive to pick up a copy of *Pearls 36*, which is available in the campus.

Murderous Mary Poppins

› 'Keeping Mum' movie review

Jan Prchal
Columnist

Keeping Mum (2005) is a British dark comedy about a nanny who comes to help a troubled family by violently eliminating the sources of their conflict, and encourages positive behaviour changes in the way only British nannies know how to do. However, there is no magic at play here, besides the odd comedic moment in a reasonably entertaining, well-paced, and well-acted film.

The film is set in the sleepy British town of Little Wallop, where the vicar Goodfellow, played by experienced bumbler Rowan Atkinson (Mr. Bean), is completely oblivious to the dissatisfaction of his wife, the nymphomania of his daughter, and the low self-esteem of his son. Enter Grace Hawkins, an old nanny whose arrival brings about the miraculous silencing of the neighbour's barking dog, and other such miracles follow. However, it becomes apparent to the viewer, and later to members of the family, that the sudden disappearance of the neighbour's dog, and then of its owner, are the result of nanny-committed murder.

It is difficult to pinpoint a best moment in the film, since none of the set-

pieces truly thrive. Watching the killer nanny hurt the young son's bullies by cutting their bike brakes isn't so

much hilarious as it is almost oddly satisfying.

The cast of this comedy is certainly one of its strong suits. Needless to say, Maggie Smith kills

it (pun intended) as the doting nanny who helps the family solve its issues. You suspect something is up early on with her scheming looks, which become more pronounced as the extent of her criminality becomes more explicit. The female cast is rounded out with Kristin Scott Thomas as the neglected wife and Tamsin Egerton as the daughter. The third act presents an entertaining twist or two, which shows the women of the family coming together to deal with the threats they face.

With the male cast, Atkinson sells the clueless vicar, and if anyone has seen Atkinson's "devil sketch" (highly recommended), this performance comes across as entertainingly ironic. Patrick Swayze plays a horny American golf instructor who is eagerly trying to seduce the vicar's wife. Almost every word of dialogue he speaks is loaded with innuendo. It's fairly amusing to see Swayze play something of an exaggerated parody of characters from his younger days.

Keeping Mum is a perfect comedy for those with a dark sense of humour, and perhaps for up-and-coming psychopaths. Great British comedy acting, and one intentionally ridiculous American performance, make for a well-paced—if fairly mediocre—comedy.



Dubbed anime is superior

> Why dubbed anime should be your first choice

Carlos Bilan
Staff Writer

Among anime fans, the matter of whether English dubs (where English voice actors re-record lines) or subs (Japanese audio with English subtitles) are better. In my opinion, there are many reasons why dubs are superior.

Authenticity. People who are subtitle purists use authenticity as a reason for why subbed anime is better. However, “god of anime” Hayao Miyazaki, who is one of the directors and founders of Studio Ghibli, said in a 2005 interview to *The Guardian*: “When you watch the subtitled version, you are probably missing just as many things. There is a layer and a nuance you’re not going to get. Film crosses so many borders these days. Of course it is going to be distorted.” This makes a subbed version not so different from its dub, translation-wise.

On another note, there are anime that are not set in Japan, but in an English-speaking setting. *JoJo’s Bizarre Adventure* is an example of a show set in England. In the dub, all the voice actors have English accents, which makes the anime faithful to its setting.

Besides this, there are characters

in anime who come from different countries or backgrounds. *Hetalia* is an example where characters are from different countries, so hearing the voice actors speak English with an accent of the country they represent gives the characters more authenticity.

Emotions. Translations aren’t as emotional as interpretations. Using *JoJo’s Bizarre Adventure* as an example, the English voice actors add more sex appeal, which works for an anime that depicts muscular men. *JoJo* has a reputation of being overly dramatic, even for its Japanese subs counterpart, and the English dub really succeeds in conveying the anime’s spirit.

The dub of *Gekkan Shoujo Nozaki-kun* is another example English voice actors doing excellent work. Not only do they embody the characters through their delivery, they also give the script more variety. For a comedy anime, this is especially important, since there are more punchlines that make the anime even more hilarious. The subtitles for this anime and many other comedy anime just declare everything at face value, so they aren’t as funny as the dubbed version.

Idioms, figures of speech, and Anglophone references. Dubbing can

break cultural and language barriers that standards in subbed anime are unable to do. For example, in *Danganronpa 3* has a character named Junko Enoshima, the main antagonist, who says lines like “Those cinnamon rolls can’t resist the urge to save their teacher,” “Fellow nihilist,” “KAMUKURA KAMUKURA YAS QUEEN!” and many more. This really fit her character design—a sexy high school girl with pink pigtails and the personality of a perpetrator of despair.

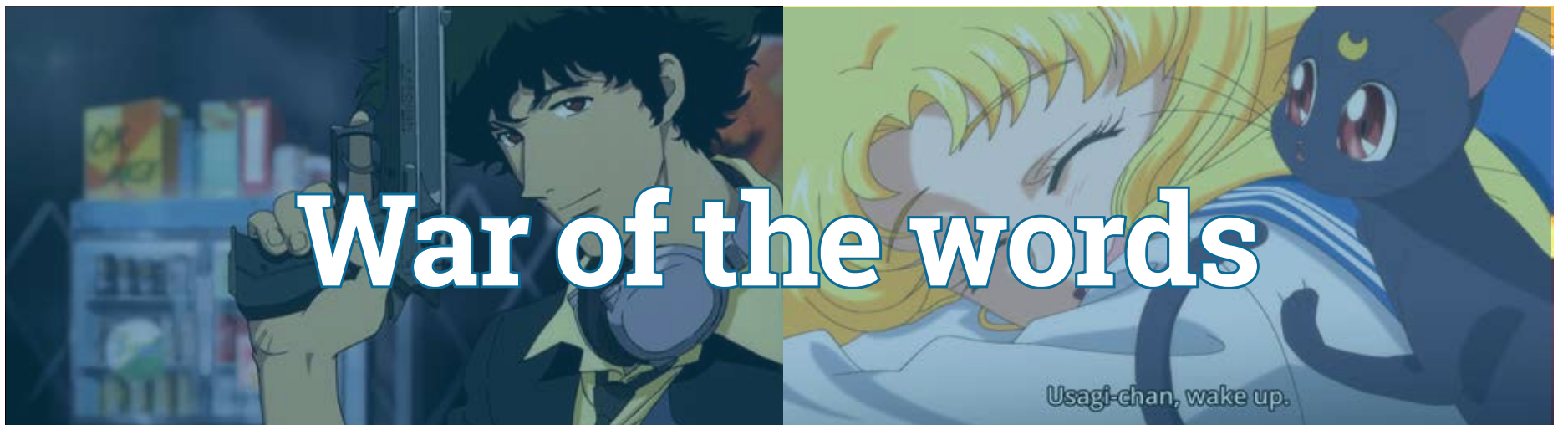
The dub script being superior to the original. A notable example is *Ghost Stories*. The anime was so terrible in its original form that Aniplex gave ADV Films, the English dubbing studio, the liberty to do whatever they wanted with the script. This resulted in the *Ghost Stories*’ dub being hailed as one of the must-see comedy-horror anime of all time, because the modifications were so hilarious yet still faithful to its central plot. One iconic example is when the main protagonists, Satsuki and Keiichi, are being chased by a demon, and Satsuki says: “There’s nothing to be afraid of Keiichi, monsters only get evil people like Republicans and we’re not old enough to vote.”

While the latter is an extreme dub example, there are other popular

examples of superior dubbed anime according to forums and polls, including *Cowboy Bebop*, *Yu Yu Hakusho*, *Death Note*, and *Fullmetal Alchemist: Brotherhood*.

Ultimate appreciation for animation. How are you going to be able to appreciate every detail of the setting and animation when you always have to read text at the bottom of your screen? The point of anime is to appreciate a good story and the art. It doesn’t do the animators justice if you don’t get to immerse yourself in the experience due to your attention being divided. This is especially true if you’re going to be watching an action anime where the characters speak a lot during a fight scene, and you miss out on the action due to reading subtitles during the fight.

I’m not saying that all dubs are superior. There are bad ones, just like there are bad subs. However, people often conclude that dubbed anime is bad. One has to keep in mind, however, that these English voice actors are professionals, so to dismiss the entire English dubbing industry as terrible is closeminded. Thus, when watching anime, dubs should be your first option for all the reasons above. Remember, don’t knock them ’til you try them!



Subbed anime is better

> Anime subs are the superior choice

Jessica Berget
Staff Writer

I am an anime purist. In other words, I believe that watching anime subtitled in English and spoken in Japanese (subbed) is the best—nay—the *only* way to truly enjoy anime.

Subbed anime is the purest form of anime. It is the way the creators of the show intended it to be watched. There are better voice actors and dialogue, you get a better understanding of the characters, the tone, and the plot. Even the jokes make more sense. To put it simply, subbed anime is better than dubbed in literally every way.

Anime is an art, and it deserves to be appreciated in its original form. In fact, it can only be truly appreciated in its original form. Since Japanese does not translate well into English, dubbing an anime can compromise

the original dialogue, so that the plot becomes contrived and the meaning of the show is changed completely.

Sailor Moon is a prime example of this. The original series was much more dark and violent than the English dub, but it was deemed too violent for kids in America. As a result, vital plot lines and episodes were cut out entirely. There is one scene in the show that illustrates the vast difference between the English dub and the original series. In the original series, Usagi (Sailor Moon) is crying because she is worried about her friend Ami (Sailor Mercury), but in the dub they changed it to her crying over a cookie. That’s right: a cookie. Usagi is changed from worrying about the safety of her friend to worrying about eating a cookie, completely compromising Usagi’s character from someone who is a loyal, caring friend to someone who only cares about food.

It’s not just characters and dialogue that are altered, as even characters’ relationships are modified to fit into English-speaking ideologies. Sailor Uranus and Sailor Neptune were lovers in the original series, but were changed to cousins in the dub. The difference in characterization and context in the dub is so vast it’s hardly the same show, which is almost always the case when comparing an anime sub to the dub.

There are certain jokes and cultural references in anime that only make sense when you’re watching the sub. When they are translated in English, these references are cut out or modified for an English-speaking audience, which culturally washes the show. For example, in both the dubbed *Pokémon* anime and *Yu-Gi-Oh! GX*, the characters call Japanese rice balls “jelly donuts.”

Dubbing the original Japanese voices into English also whitewashes

the characters, and it often comes out sounding goofy and unnatural. When I recommended the anime *Monster* to my boyfriend, he complained that the show came out forced and corny in some parts, a completely opposite reaction to what I had when watching the show. When I realized he was watching the dubbed version, it became clear to me why he did not enjoy the show as much as I did, and it ruined his experience of a great anime. I later showed him an episode of the sub, and he agreed it was significantly better.

Anime dubs are just watered down versions of the original anime. The erasure of cultural references, the distortion of characters, and the corny English voices are what make dubbed anime so distasteful. The voice actors might be better in some dubs than others, but this is a rare instance. The only way to really understand an anime is to watch it in its true, subbed form.



YouTube music video classics: 'Green Light' by Lorde

> Making you want to dance like Lorde

Jerrison Oracion
Senior Columnist

Lorde was the musical guest on a recent episode of *Saturday Night Live*, and just like when Bruno Mars performed on the show earlier this season, she proved that she's still got it. The first song that she performed was "Green Light," the first single from her next album *Melodrama*. Prior to this appearance, the music video of the song was released, directed by Grant Singer, the same person who made the music video of the Ariana Grande and Lil Wayne song "Let Me Love

You." "Green Light" sounds great and has a British pop sound even though it's from a New Zealand singer.

On *SNL*, she did the dances that she usually does when she performs. This caused the performance to be very interesting and made me like the song even more. The music video for the song is the same.

The music video begins with Lorde in the washroom of a club, singing to herself in the mirror. Next, she goes inside a chauffeured van, dances while leaning out the window, and dances on top of it, with a red light shining on her and the driver just standing and

watching her. Next, she dances around the streets of Los Angeles, and we see jump cuts of her dancing wherever she is. She is accompanied by her pianist when she is dancing in the club and the club's washroom. The singer ends up on a bridge as morning begins.

This video is like Lorde having a hangover after a night out in the club. It looks a bit grainy because the music video is filmed on film, not digital. The song reminded me of the song by The Police, "Roxanne," because the line "Put on the red light" is similar to the line in "Green Light," "I'm waiting for it, that green light, I want it."

The dances that Lorde does in the music video are very interesting, and it caused me to dance to the song similarly to how she dances. If you play this song in a party, everyone in the party will likely dance and maybe move like how she dances in the music video.

The music video and the song convinced me to get Lorde's next album, which will be released in June and will probably have more hit singles. For now, a lot of people will talk about "Green Light" in the next few weeks because of its video and radio play, and everyone will probably do the "Lorde dance" when they hear it.

A faire deal

> 'Sheriff of Nottingham' board game review

Ed Appleby
Illustrator

Who can resist a good bribe? It's the only way to get me to clean my room, even to this very day. So who wouldn't want to play a game that combines all the satisfaction of bribery with the excitement of sneaking over the border with an apple in your backpack?

Sheriff of Nottingham (2014) is a bluffing card game for three to five players designed by Sérgio Halaban and André Zatz and published by Arcane Wonders. In the game, people play as characters—who are totally not Robin Hood and his Merry Men—bringing goods to a market faire to celebrate the arrival of Prince John. Players take turns as the sheriff, inspecting other players' bags to make sure they have what they declared and are not bringing in any contraband. The player with the most profit at the end of the game wins.

Bribery is the name of the game here: If the sheriff catches any contraband or undeclared goods, the player must pay a fine to the sheriff and have the goods taken. If the player is carrying what they say, the sheriff has to pay the penalty instead. In most cases, players actively bribe the sheriff into

looking the other way, ending in a win-win situation where the player gets their goods to market and the sheriff gets to line their pocket with coin. Bribes don't always have to be in coin, they can be goods, contraband, or favours for later in the game. The last game I played, of 24 bags of goods that came into the market, only 1 was actually inspected.

This game lives and dies by the psychology of bribing and mitigating your losses, but the math swiftly disappears into the fun of playing the characters and wheeling and dealing with the sheriff. It is definitely more of a social game than a strategy game, and the final score can come down to a single coin. Be cautious, though; one bad deal can set you behind the other players very fast.

I had a lot of fun playing the game. The five stages in each round and unorthodox gameplay may intimidate some people before they pick it up, but it won't take long for any player to start enjoying themselves. The game design is beautiful and durable, though the snaps on the goods bags can be a little hard to get open.

I would highly recommend this game to anyone within a very comfortable group, where feelings won't be hurt by a little dirty dealing.



Illustration by Ed Appleby

Bottom of the table weekend

› Royals softball looks to capitalize on easy weekend

Davie Wong
Sports Editor

They say that there is no such things as an easy weekend in sports. Sure, there may be weak teams, but every team has a chance of beating you. Or so they say. Reality is a bit different. Sometimes there are teams that are just nowhere near another team in terms of skill. That’s what the Royals have ahead of them this weekend and going into early next week.

The team will be hosting the Shoreline Community College squad on Saturday. While the Royals have looked dominant, the SCC team has looked the xqopposite. They’ve struggled almost everywhere in the game. Although the team averages 3.25 runs a game, they give up 10 plus runs a game. Their best pitcher has an ERA of 8.12. Nearly eight runs on average. That’s enough to straight mercy the team if SCC fails to get any runs. Think about it—an average game for their best pitcher is still a mercy loss. And it looks just as bad as it sounds.

When the two teams meet, it’s probably going to be a massacre in the Royals’ favor. However, with both teams



expecting that, I can see the Royals throwing a curve ball or two and trying some new things. After Keeley Ainge threw 135 pitches on Saturday of the last week, maybe Michelle Peters will give her a day off. Maybe Peters will rotate the batting lineup or try some new fielding arrangements. Whatever it is, I really can’t see the team losing any games here. I’m betting 2–0 in 10 innings.

On Tuesday, the team will be travelling to do battle against Olympic

College. OC has been the better of the bad teams in the North Division. They’ve shown bright flashes of brilliances in some of their games, but bad is still bad. While they’ve been able to drag out the scoreboard with scoring of their own, they’ve been unable to keep runs of the board. They’re on the higher end of 9 allowed per game, while scoring about 7 of their own. The midweek match will be a test for the Royals’ schedules, but that’s about all it’ll test. The Royals pitchers

may want to be on their guard, but as long as they play even half as good as they’ve played to start the year so far, it should be an easy win. The Royals should grab both games in 14 innings. A mercy win would be nice, but it’s going to be hard to keep Olympic College off the scoreboard. With that, the Royals should be up 4–0 at the end of both games, and 8–0 on the season.

NWAC

AWAY	HOME	SCORE	DATE	TIME
OLYMPIC	HIGHLINE	1-7	MAR 25	3:00 PM
EVERETT	DOUGLAS	2-10	MAR 25	2:30 PM
BELLEVUE	EDMONDS	3-8	M AR 25	2:28 PM
OLYMPIC	HIGHLINE	9-4	MAR 25	1:00 PM
BELLEVUE	EDMONDS	0-3	MAR 25	12:12 PM
EVERETT	DOUGLAS	2-5	MAR 25	12:00 PM
EDMONDS	OLYMPIC	14-3	MAR 20	4:03 PM
EVERETT	PIERCE	11-15	MAR 20	3:57 PM
EDMONDS	OLYMPIC	14-9	MAR 20	1:01 PM
HIGHLINE	SHORELINE	15-4	MAR 20	10:46 AM

Soaring past Everett

› Royals softball continues to dominate NWAC

Davie Wong
Sports Editor

It's been a long wait, but softball season is finally upon us. No one has been more excited than the Royals softball team. After last year's deep run into the NWAC Championships, the team would love nothing more than a second chance at the NWAC title. Geared to do that, the team piled on the talent in the offseason. Now two games into the season, the squad looks like the best in the west.

The Royals started their season against the former division champs, the Bellevue Bulldogs. Having ended their season on a low last year due to the Royals, the feelings of animosity from both sides

were very real. However, the Bulldogs slide was continuous, and it carried on from last season. Laura Baldry gave the Bellevue pitcher a nightmare whenever she came up to bat, ringing three hits and two RBI. Keeley Ainge gave up an unearned run on an error and struck out six as the Royals won 7-1 against the Bulldogs.

Normally, the second game is a spectacle, as teams are just tired. While not untrue for the Royals, the softball squad took it to a new level against the Bulldogs. The Royals ripped into the Bulldogs, with nearly every Royals player getting a hit in. Jordan Britten-Yung was clutch for her squad, as she batted in four runners. Kira Staley made a real showing of Bellevue's batting rotation, striking out two and only allowing one hit in five

innings. Dismantle would be a kind way to say things, as the Royals mercied the Bulldogs, 11-0 in five innings.

This weekend, the Royals played their first home games of the season against a visiting Everett Community College team. With Keeley Ainge on the pitching mound, the Trojans found it difficult to get anywhere. Two RBI from Kolby Hamilton really sealed the deal for the Everett team as the Royals closed out the game 5-2. Keeley Ainge finished the game with nine strikeouts, one unearned run, and one earned run.

Game two was supposed to be better for the Trojans, but the Royals had other plans. It didn't take long for the Royals batters to see the Everett pitcher off the mound, lighting her up in one and two

thirds innings for five hits and five runs. The Trojans relief pitcher fared no better, and the Royals put the fire to her as well, racking up seven hits and five runs. With Kira Staley pitching for the Royals, the team saw another mercy win in five innings. Staley finished with one strike out and two earned runs. Daniella Villo was on fire for the Royals, picking up two hits and three RBI. Michaela Moore and Bella Kennedy were also big parts of the Royals win, as they both picked up two RBIs. The final score was 10-2 for the Royals in five innings.

The series moved the Royals to 4-0 on the year, putting them second in the North division behind Edmonds Community College, who has two games on the Royals at 6-0.



Wii Sports vs. Real Sports

› Wii golf not 'fore' everyone

Jessica Berget
Staff Writer

I thought golf was the most boring and meticulous game out there. That is, until I discovered Wii Golf. Not only is Wii Golf boring, it may be the most underwhelming video game I have ever played. The tricky swinging, the lack of any physical movement besides swinging your arm, and how slow the game play is, are just some of the reasons I usually avoid this travesty of a *Wii Sports* game.

There are also physical attributes that go into playing real golf that are not seen in the Wii version. Golf players walk around the green from hole to hole, which accounts for exercise and is a big part of the reason golf is considered a sport at all. But since there is no walking, and only

swinging in *Wii Golf*, there is no way that it can improve one's athletic ability.

Your swing is the most important part of playing golf, but *Wii Golf* does a poor job of portraying a good swing. It's almost impossible to get a full swing in the game because the censor is so touchy that any small error will send the ball flying in the complete opposite direction. There is also the annoying little bar on the side of the screen that shows what direction the ball will fly in, which is also extremely sensitive. You could do the same swing five times and it will give you a different variation almost every time.

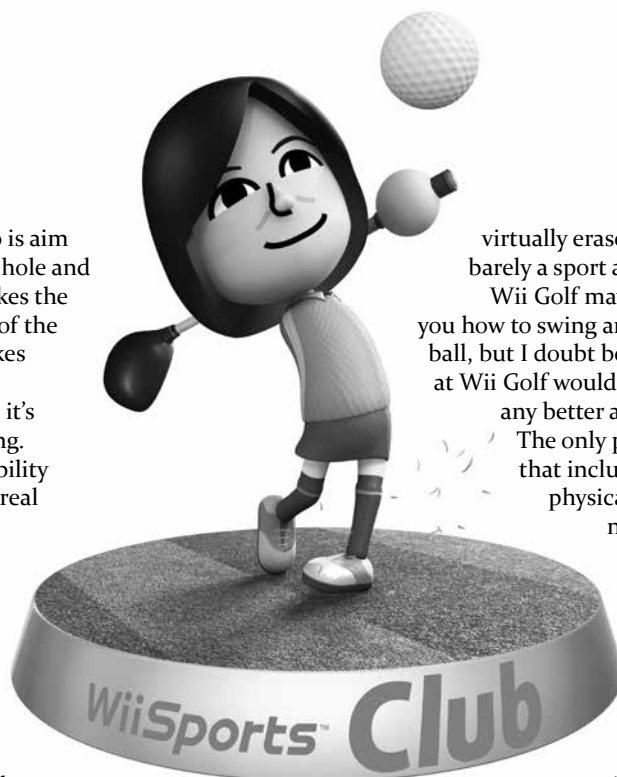
Wii Golf is so easy that it's almost offensive. Not only does it show you how much power you use in your swing, it even shows you a map of where the hole is and exactly which direction to hit the ball in. *Wii Golf* is all about aim, so all

you have to do is aim the ball at the hole and swing. This takes the challenge out of the game and makes it so easy and mundane that it's underwhelming. Any athletic ability you get out of real golf goes unaddressed in *Wii Golf*. Since the game only focuses on swinging and putting, the actual physical part of the sport is

virtually erased, making it barely a sport at all.

Wii Golf may teach you how to swing and aim the ball, but I doubt being good at *Wii Golf* would make you any better at real golf.

The only part of golf that includes any physical exertion is nonexistent in the *Wii* version, making this game a 0/10 when it comes to improving athletic ability.



All about food allergies

What you read here could save someone's life
By Rebecca Peterson, Humour Editor

"Oh, just as a note for the kitchen, I have a severe peanut allergy. It shouldn't be a problem, but I wanted to give you a head's up just in case."

It's a line of patter that I have memorized, something I've said so many times to so many servers and cooks in hundreds of different restaurants that the words don't ever sound like words anymore. The reactions vary depending on the establishment. Usually it's a quick head nod from the server and a little note jotted alongside my order. Other times, the manager will show up to my table to assure me that they're going to do everything they possibly can to make sure I don't die in their restaurant. It can be a bit of a hassle, but I've been dealing with this for so long I can't think of what life would be like without it. The idea of being able to walk into any restaurant, any grocery store, and eat anything I want without checking labels and double-checking my bag to make sure I have my EpiPen on me is utterly foreign to me.

I'm one of about 2.5 million Canadians with a severe food allergy. I also have a bunch of less deadly allergies as well: Legumes, corn,

sprouts, carrots, celery, egg yolks, kiwi, pumpkin, and strangely enough, chamomile. I'm a little leery of trying new foods in case I discover a new allergen the hard way, but hey, at least I'm not allergic to wheat anymore.

Last year, I experienced my first severe anaphylactic reaction in about 20 years. Thanks to the quick actions of some incredible friends, I came away completely fine. Since then, I've been trying to educate as many people as I can on allergies in general, but especially on how to help someone in crisis.

According to the Canadian Anaphylaxis Initiative, around 3,500 Canadians experience anaphylactic shock each year from food allergens, and of that number, about 12 will die as a result. Twelve a year may not sound like a huge number, but considering that allergies are becoming progressively more common and death from anaphylaxis can be avoided if the proper treatment is administered in time, it's a number we should absolutely pay attention to. Even if you don't know anyone with a severe food allergy, knowing what to do in such an instance could save somebody's life.

What are the signs and symptoms of anaphylaxis?

The symptoms of anaphylaxis vary widely, and it may show differently in some people over others. With that in mind, the most common symptoms are:



Skin: Hives, swelling, itching, skin warmth, and redness.



Breathing: Coughing, wheezing, shortness of breath, chest pain, congestion, and trouble swallowing.



Stomach: Nausea, cramps, vomiting, and diarrhea.



Heart: Skin paleness/blueness, weak pulse, disorientation, shock, and unconsciousness.



Head: Anxiety, feeling of "impending doom," headache, and a metallic taste in mouth.

What to do in case of an anaphylactic reaction:

If you suspect someone is suffering from anaphylaxis, it is important that you work quickly and calmly. You might not have a lot of time to help them.



1. Have someone call an ambulance. Make sure they stress that anaphylaxis is suspected; the patient will need to get to a hospital right away.
2. Retrieve the victim's EpiPen. If they're still conscious, they should be able to find it for you, but they will likely not be able to administer it themselves.
3. It's a corny saying, but important to remember: BLUE to the sky, ORANGE to the thigh. You need to pull the blue safety cap off the end of the EpiPen to activate it. Then, stab the orange part into the patient's thigh. (Yes, stab. The EpiPen needs force and momentum for the spring-release to work. The official packaging says "swing and press," but I think that's a little confusing quite honestly.) Hold the EpiPen in place for 10 seconds.



4. GO TO THE HOSPITAL. The EpiPen does not "cure" the anaphylaxis; it only buys time. In fact, if possible, have another EpiPen ready to go if the effects of the first dose wear off before help arrives (which can happen!). If liquid Benadryl is available, it doesn't hurt to give the patient some of that as well.



5. Keep a close eye on the patient for the next 48 hours, even after they are released from the hospital. It's entirely possible for them to slip back into anaphylactic shock, and they will need someone there to help them if it happens.

A few notes on anaphylaxis from someone who's experienced it:

After having the EpiPen administered, your leg is probably going to do its own little solo Irish jig. This is a normal response to having a whole bunch of adrenalin shot into your system. Don't worry about it.

It will take longer than you expect to recover from anaphylactic shock. Take it easy for the first couple of days afterwards; having your body jump-started multiple times with shots of adrenalin makes you feel like you've been hit by a truck for a little while afterwards. Get plenty of rest and keep wild partying to a minimum.

Unfortunately, after an anaphylactic reaction, your tolerance to that allergen will lower significantly. The doctors warned me that my next attack is likely to be much more severe as a result of my exposure. It pays to be paranoid; if you're not sure if something you're about to eat has come in contact with something you're allergic to or not, don't risk it.

Frequently asked questions:

In case of an emergency, can I use someone else's EpiPen to help another person who is suffering from anaphylaxis?

There is some confusion about the nature of prescribed EpiPens. With most medications, doses are measured out for an individual's needs. This is not true of EpiPens, however, and if the victim does not have an EpiPen or needs another dose, using someone else's EpiPen could save their life.

Can I administer the EpiPen through someone's clothing?

Yes you can, and please do! You will lose time fussing around trying to get someone's pants off before using the EpiPen, and it's entirely unnecessary. The EpiPen will work through cotton, denim, polyester, what have you. Short of wearing plate armour and chainmail, it's unlikely that the victim will be wearing something sturdy enough to block the needle.

Does someone with a severe food allergy need to ingest the allergen to have a reaction?

Not necessarily. Some allergens can affect the victim by touch, or by airborne properties. Peanuts especially are notorious for causing airborne reactions; it's rare that they will cause full-blown anaphylaxis, but it can cause milder symptoms such as wheezing, hives, and discomfort. As well, for those with anxieties tied to their allergies, the smell can cause anxiety and panic attacks.

If I cook the allergen, will it neutralize the proteins that cause the reaction?

I once had someone tell me that roasted peanuts should be safe for me because they're cooked. It seems like a stupid question, but there are some allergens that only cause reactions when they're raw (for example, I can eat celery and carrots if they're cooked, but not if they're raw). Ultimately, you should ask the person in question if you're

concerned, but the safest bet is to assume the allergen is dangerous to them either way, and to avoid using it if you know the allergic person is going to be present.

Can allergic people eat food items with a "may contain" label?

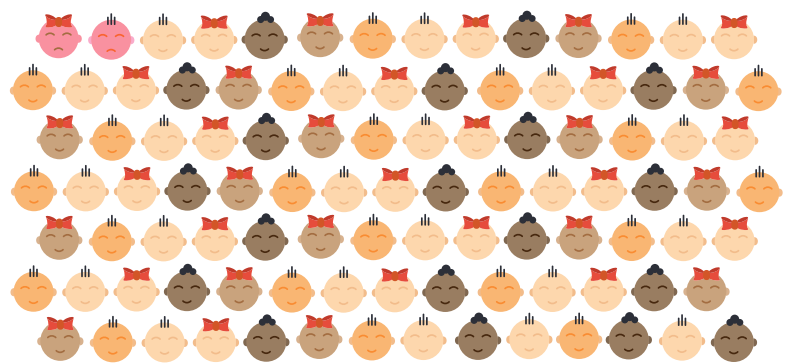
This really depends on the person and the item in question. A "may contain" label is often incredibly vague; it's mostly there to protect the company in question from liability if equipment isn't cleaned correctly or a mix-up in products occur, and someone has an allergic reaction as a result. It could mean anything from "the factory where this product is made does not have a peanut-free policy" to "there were peanut products directly on the equipment used to make this food item." For some allergic people, even minute traces of an allergen can cause a severe reaction. Despite having a severe allergy, I've never had a problem with items that have a "may contain" label. However, I tend to avoid products with other nuts in them, because the likelihood of a mix-up or cross-contamination is much higher than products where nuts are not involved at all.

Can you grow out of a food allergy?

Yes, you can! Allergies in general are more prevalent in children than they are in adults. I used to be allergic to wheat as a child, and I was far more allergic to egg yolks than I am now. Unfortunately, some allergies only get more severe the older the person gets, and it is possible to develop food allergies later on in life. A friend of mine didn't develop her severe shellfish allergy until her early thirties. It isn't clear why this happens, but it's theorized that changes in hormone balances can cause allergies to crop up.

I don't believe allergies are real, and I think kids are just too gosh-darn sensitive these days.

Yes, I've heard this said. As someone who has spent eight hours on a steroid drip after taking two epinephrine shots to both legs, I can attest that they're very real, and they suck. If that's not enough, I'm sure there's about a million doctors out there to back me up. If that's not enough, you're an asshole, and I really can't help you.



About 2 in every 100 children in Canada have peanut allergies.
Food allergies are becoming increasingly common.
All the more reason to become informed!



EpiPens can pose a risk for people with pre-existing heart conditions; however, in cases of emergency, it is still better to use one than to risk not using one.



Many people with allergies will wear a Medic Alert bracelet or necklace. If you come across someone who is in distress and unable to speak and you are unsure as to why, check if they're wearing one! It will tell you the nature of their condition and how best to help them.

The top nine most common food allergies are:

1. Peanuts
2. Tree nuts
3. Milk
4. Eggs
5. Wheat
6. Soy
7. Fish
8. Shellfish
9. Sesame



Only 1 in 5 Canadians at risk of anaphylaxis carry epinephrine auto-injectors on them at all times, according to a 2014 survey by King Pharmaceuticals and Anaphylaxis Canada.





A whole new level

> Royals women's basketball achieves dizzying highs

Davie Wong
Sports Editor

It's hard to find a starting point when looking at the Royals women's basketball team. Was it Courtney Gerwing's recruiting drive? She recruited Rachel Beauchamp, Ellen Fallis, Sarah Jorgenson, Adelia Paul, Simran Bir, and the list can go on and on. Was it her leaving and Steve Beauchamp taking over the program and changing how the team played? Was it the team's late season win against the Capilano Blues? It's hard to say exactly where this year's success started, but I can tell you where it didn't.

The Royals had a bit of a rough start to the year. With Coach Steve Beauchamp coming back to the Royals, the team went through a ton of change, and not all of it was ready for the beginning of the year. The team's first game against the Capilano Blues was the opposite of perfection. It was a mess. Players lost off the court, defenders unable to find their checks, and players not scoring from anything other than transition was how the team looked at the beginning of the year. But things got better. Things got better real fast.

After a tight win against the VIU Mariners the next week, and a blowout

win against the Camosun Charges and CBC Bearcats a little later, the Royals were rolling. They continued to roll along before a blip in the middle of January saw the team take tough losses to the Capilano Blues and VIU Mariners. After that, the team put their noses to the grindstone and put in work. The next time the Blues and Royals met, it was the Royals coming away with the win in a very playoff-esque match.

Their winning ways continued into the playoffs. They faced the VIU Mariners in the semi-finals, and the Royals could not be fazed. The Mariners really didn't even come close to winning, as the Royals dismantled them. Waiting for them in the finals was the Capilano Blues. With the entire season leading up to this game, it was no surprise that the nerves were on when it came game time. But the Royals' recent form was too much for the Blues, and for the first time in 23 years, the Royals captured the PACWEST Championship Gold medal.

With the gold came a ticket to the CCAA National Championships at NAIT College in Northern Alberta. The team went into the tournament ranked sixth, and faced off against a strong Lethbridge Kodiak team. Unfortunately, the Royals

were trounced. It was an unbelievably tough result, but the team needed to recover for the bronze medal qualifiers against the MSVU Mystics the next day. The Mystics battled hard, but the Royals fought harder and came out with the win.

Up next were the NAIT Oaks, the hosts of the tournament and eighth seed. But the Oaks played far better than the eighth seed should play. They came back after going down around half time, and ended the Royals' National tournament with a loss. The Royals finished the tournament in fifth/sixth place. Although the finish wasn't the goal the team had in mind, they can take pride in the fact that they got there. The first PACWEST gold in 23 years is no small accomplishment. The team had what it took to succeed in the PACWEST. It just so happened that the National stage was just a step above them. But the tough National result for the Royals is just a stepping stone for the team. I'm sure that the squad will be able to build off of their successes this year, and apply it to next year.

Speaking of success, the Royals had quite a bit of it on the individual level. Ellen Fallis and Sarah Jorgenson picked up Second Team All-Star nods and were rewarded for their efforts

during the season. Rachel Beauchamp picked up a First Team All-Star award as well as a CCAA All-Canadian Award for her amazing performance this season. She also picked up a CCAA National Tournament Second Team All-Star. She didn't win the PACWEST Player of the Year Award, though, as it went to Capilano's Carmelle M'Bikata. Still, I like to think that the Royals and Beauchamp had the last laugh.

So what's next for the team? Well, besides an offseason for training and celebrating, the team will be looking for some pretty big pieces. Point guard and captain Adelia Paul has played her last year of eligibility in the PACWEST, and her departure leaves a massive hole in the lineup of the Royals. Garaline Tom and Jettie McLaughlin have also reached the end of their career with the Royals, which leaves a pretty big hole in the defence of the Royals.

It's hard to say who is going to step into the roles left by those big three. It could be anyone on the team. It could be a rookie. It could be a transfer. At this point, I'm not too sure. But the Royals will be back, stronger than ever. Of that I'm sure. This year fifth/sixth, next year, bronze? One can hope.

LIFE & STYLE

- ✓ Let your goodnight playlist lull you to sleep
 - ✓ Coffee alternatives for caffeine addicts
 - ✓ All work and no play...
- And more!

Getting your shit together

› Free organizational apps that will help you out

Brittney MacDonald
Life & Style Editor

What's better than getting something for free? How about when that something will actually help you in your day-to-day life?

As someone whose life is a mess of clutter, appointments, work schedules, and classes, I find it very difficult to manage my time. In fact, you could say I'm downright awful at it. Lucky for me, smartphones have provided me with a tool to help me discover new ways of organizing my life. So, here are some of the best organizational apps I've found so far.

Pocket

If you browse social media and like to save the links you find, then Pocket is something you might want to look into. I am notorious for having people send me links to check out, only to completely forget about them. With Pocket you can save all those links to read or watch at a more convenient time. It sounds extremely simple—and it is—but it's still very useful.

24me

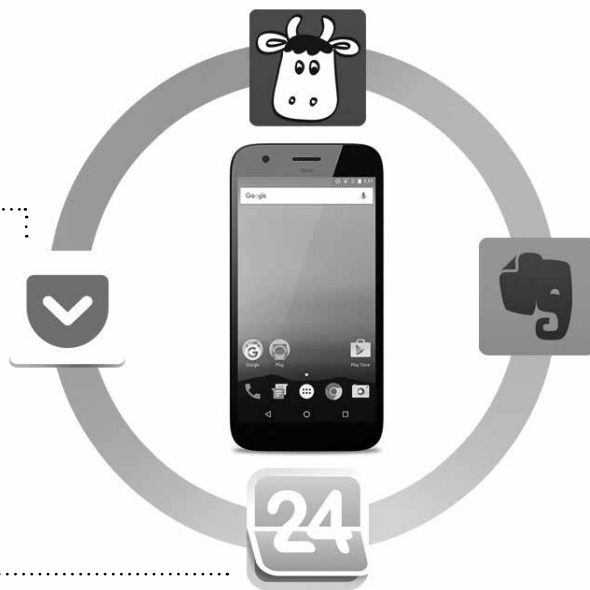
This app is a life saver, especially if you commute at all. Basically, it's a really awesome version of a day planner, but with a lot of options where you can set things to happen automatically. The app can be used to automatically make bill payments, or you can set it to order items or send out gifts/flowers on a particular day. I love this, because I'm terrible at remembering birthdays. It has some simpler functions as well, such as creating to-do lists and compiling your emails and messages into one place for easy viewing—but my favourite function is that it will actually advise you on when you should leave based on current traffic reports.

Remember the Milk

Remember the Milk is a really easy to use to-do list app. The basic concept is fairly simple: You create to-do lists with or without deadlines, and then the app will send email or text message reminders. It's great if you like the satisfaction of checking things off of a list, but lack the mental capacity or focus to remember to actually look at said list.

Evernote

Like many, I had heard of Evernote for a really long time, but I dismissed it as something that wouldn't be particularly useful to me. Boy, was I wrong. This app was pretty much designed for students who are studying a field that requires a lot of group projects, and it's great if you want to start a study group for a challenging class. Basically, you can compile your notes, voice-recorded thoughts, diagrams, forms—pretty much whatever you need—and make it accessible to a group to get their thoughts and opinions on, or just to have then add in their own related items.



“It's great if you like the satisfaction of checking things off of a list, but lack the mental capacity to remember to actually look at said list.”

Photo illustration by Mike LeMieux

Hiding the bad

› Fashion tips for the stressed out mess in all of us

Brittney MacDonald
Life & Style Editor

As young adults, we've always been encouraged to put our best foot forward. Some people take this to heart, while others shrug it off as hot air. For those of you that do like taking the effort to look as put together as possible, this time of year can be make or break for you.

With finals encroaching, this time in the semester is often the heaviest in terms of work load—papers, projects, research, and studying all add up to one severely stressed-out student. So the question becomes: How do you keep up the illusion of having your shit together when really, you're just a walking, talking mess of stress?

As someone who has lived through this time for a few years, I have developed a tried and true method of dealing with my appearance during this time. More specifically, dealing with my appearance



Image via sallydavisimages.blogspot.ca

in a way that minimizes any allusion to the fact that I am silently losing my mind.

Shoes: Starting from the bottom, your shoes are generally a good place to start when trying to make it seem like you are calm and collected. Never wear sneakers. Sneakers are quick and casual footwear. You are attempting to make it look like you actually put effort into your appearance—so put those

comfy ol' faithfuls aside and put on a pair of boots, heels, or oxfords. It may seem small, but it does a lot in terms of maintaining your image of maturity.

Colour blocking: This is an old trick that stylists and designers use to make their customers or themselves look pulled together. Colour blocking is when you theme your outfit around two to three colours that are completely unrelated. This means that the colours don't match, but because they're so basic—no prints, strange textures, or massively varying shades—they look like they go together, and you look like you tried. Colour blocking is really easy to do, because it's basically just going into your closet and picking things that are the same fabric (such as cotton), no matter what they are. Then you layer them on top one another.

Layers: If you're trying to give off the impression of effort, nothing kills that more than showing your arms. I know it sounds strange, but it isn't so much the act of showing your arms in itself, but

more in that when someone just barely glances at you, seeing you with bare arms automatically gives off the impression that you're wearing a t-shirt. This may not be the case, you may be wearing a polo or a blouse—the problem is that the silhouette is the same, so you'll run into that same problem that you did with the sneakers: You'll look too casual. So how do you rectify this? You have to become adept at layering. This is easier than you might think. Basically all you need to do is get a cardigan, bolero, or suit jacket in a neutral colour and layer this overtop of whatever shirt you've picked for the day. Having your arms covered stops that immediate impression of wearing a t-shirt—even if you are actually wearing one—and your outfit automatically looks a lot cleaner, even if you literally slept in it or picked it up off the floor.

Hopefully these few tips will help you in fooling the masses into thinking you have your shit together. They've definitely worked for me for years.

Let your goodnight playlist lull you to sleep

> Can't sleep? Try this out



Carlos Bilan
Staff Writer

Not all music is exclusively meant to be listened to while awake; there is also some that is perfect for falling asleep to! As a college student desperately trying to practice good sleeping habits, my goodnight playlist is one of my saving graces.

I play my playlist with my iPhone placed on my study desk a few metres away from my bed. You can use speakers, but make sure there's no bass, because if it's too loud it will keep you awake.

Here are a couple different types of music that will work well for a goodnight playlist.

Piano pieces. If you ask me what's my favourite instrument, I'd say the piano—especially when it comes to relaxing music. There's a feeling of intimacy, delicacy, and peacefulness when you listen to solo piano pieces, whether classical or modern. For a modern selection, the South Korean composer and pianist Yiruma will do you no wrong with his beautiful discography. When picking classical music, go for the solo piano pieces, since an orchestra could get you jumping off your bed during the loud parts. "Für Elise" and "Moonlight Sonata" by Beethoven are definitely classical essentials for any goodnight playlist.

Folk music. The intricate plucking of guitar strings accompanied by gentle vocals is an ideal combination to put your mind at ease. Folk paragon Sufjan Stevens' *Carrie and Lowell*, *Michigan*, and *Seven Swans* showcase several songs that will be perfect for your goodnight playlist, thanks to their mellow arrangements. Another folk music icon is Bon Iver, whose debut album *For Emma, Forever Ago* consists of a number of serene songs. And don't forget Julie Byrne, whose album *Not Even Happiness* is filled with perfectly tranquil songs.

Disney music. While it's true that not all music from Disney is ideal for falling

asleep, you can get lullaby versions of them, or cherry pick the really soft ones.

"When She Loved Me" by Sarah McLachlan is one of those softies. I mean, Jesse's backstory from *Toy Story 2*? That scene still makes me feel emotional to this day. "Wherever You Are" from the underrated *Pooh's Grand Adventure: The Search for Christopher Robin* is another gem that's guaranteed to lull you to sleep.

Game music. If you're a gamer, can you think of music from games that make you feel at peace? Well, if not, then I definitely recommend music from *Final Fantasy*. I'm an avid fan of the *Final Fantasy* series and seriously, the original soundtrack of the games still amazes me to this day.

Nobuo Uematsu has composed a number of pieces that fit the bill. "To Zanarkand" from *Final Fantasy X* is great, and will definitely make you feel sentimental—especially if you have played the game. "Melodies of Life" and "Frontier Village Dali" from *Final Fantasy IX* are also wonderful tunes to carry you to dream land.

Pop and indie music. There are mainstream and indie artists who have also released tunes which fit the bill. A pop music example is "Everytime" by Britney Spears, which really sounds like a lullaby. Many songs by the indie songstress Lana Del Rey are ideal to listen to before sleeping. "Terrence Loves You" from *Honeymoon* and "Old Money" from *Ultraviolence* are a few quiet songs perfect for falling asleep to.

Of course, these are all only suggestions. Just pick songs that make you feel relaxed and at peace. Generally, about 30 songs is long enough. You want to make sure that playlist will shut off on its own. Never put it on repeat. The key is to help you fall asleep, but once you are asleep your brain needs to rest and having music on could be distracting to it—even if you're not consciously aware of it.



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alley_ferrari

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alley_ferrari Today is closing night. I'm so happy to have been a part of this wonderful production. I love my cast so much ❤️❤️❤️ #outofthegarden... more

This week's post is by @alley_ferrari

Coffee alternatives for caffeine addicts

› Keeping you awake, one cup at a time!

Brittney MacDonald
Life & Style Editor

As a student, it becomes almost mandatory that you become a caffeine addict. With a readily available Tim Hortons at both campuses, most Douglas students have a tendency to migrate towards the coffee end of the caffeine addiction spectrum. However, if you just drink coffee every day and never mix it up, that bitter taste can become stale really fast.

Dealing with caffeine withdrawal is never fun—headaches, irritability, not to mention the fatigue! If you're looking to swap your morning coffee out, here are a couple alternatives that are just as high, if not higher, in caffeine.

Black tea. Teas like English Breakfast or Orange Pekoe are actually higher in caffeine than coffee is, and are more than capable of staving off that pesky withdrawal. They also provide a milder taste compared to coffee, which can be nice in the mornings.

Green tea. It seems weird to have two different types of teas on this list, but because the caffeine content of each is so radically different, they each deserve

special attention. Green tea has the most caffeine content of any tea or coffee, so it's great if you're feeling particularly sluggish. Green tea in itself doesn't have a very strong flavour, so people tend to add honey or lemon to it, which can be great for your throat if you're feeling under the weather. Green tea also boosts your metabolism, which is nice if you're trying to lose weight or if you had a particularly big breakfast. One warning, though; because of the high caffeine content, green tea is a diuretic, so don't be surprised if you all the sudden have to pee a lot more frequently than usual.

Mountain Dew. If you play a lot of video games, then the connection between Mountain Dew and caffeine should be old hat. As the myth goes, gamer gremlins would down bottles of the stuff in order to pull all-nighters while remaining at peak performance levels in terms of reaction time. I won't sugar coat it—Mountain Dew contains so much caffeine it is extremely unhealthy. But as I always say, everything in moderation! If you just need an extra little boost during the day, or something to keep you awake while going over notes for your finals, then this might be the answer for you.



Illustration by Ed Appleby

All work and no play...

› How to maintain your sanity throughout semesters

Megan Jewell
Contributor

Throughout the semester I often find that a student's basic needs are not being met, whether they be maintaining a good sleeping schedule, having enough nutrition, getting physical exercise, or maintaining relationships.

Whether you're taking two classes or six, there are certain times throughout the semester when you block everything out and strictly focus on your school work. Now, it's easy to see how laundry doesn't get done, how those Friday nights out no longer happen, and how Netflix and chill dates are replaced with colour-coding your planner for the week ahead. It's difficult to maintain good grades and a good appearance, work out, eat healthy, work, and enrich social friendships all at the same time. There's a lot of planning, running around, and simply a lot of stress. Here's a couple ideas that might help you out.

I know planners aren't cool and not necessarily a fashion statement, but they'll make your life 10 times easier. When you are able to write down your weeks ahead—appointments, car insurance due dates, plans with your friends—it's all right there in front of you. You no longer have to go to class asking three different people about today's lesson or assignments, because you can flip to this week and you're set! Maintaining that management and keeping your stress levels low is extremely difficult, and this way you have a better idea of what's going to happen, what to expect, and, quite honestly, where you should be when you're lost as balls.

I don't know about you, but I set

“ Planning ahead in the little ways can make a big difference in the morning and for your overall mood.



Image via givesimple.com

10 alarms to go off in the morning. Snooze snooze snooze. Eventually, I'll get up an hour later and find myself running around the house trying to get everything together. Books, planners,

binders, clothes, food, my phone... it's very overwhelming at 6:30 a.m. So the lesson here is to pack, or at least get your things ready, the night before. Pick out your clothes for the next morning, pack

your lunch, get all your papers together in one general area. Planning ahead in the little ways can make a big difference in the morning and for your overall mood.

Now I don't know about you, but I'm always hearing about how essential exercise is. It's good for your circulation, heart health, mental health, muscular growth, and development. Despite all the positives from physical exercise, there's nothing that can motivate you to hit the gym once you've already done a 12-hour day. So here's a little cheat that I do. Instead of taking the elevator at school, take the stairs. Maybe it's only five minutes of heart health, but it's an easy thing to do to get your body moving and activating those chemicals that will help promote a better overall mood.

Sometimes when you've got three different projects, two assignments, and then finals, it's really difficult to sit there and be like “Oh yeah I'm all good, not overwhelmed, stressed, or exhausted. Even though I haven't showered in three days, I've run out of clean socks because I don't have time to do laundry, there's a stain on my shirt, and this is my fourth cup of coffee—but no, I'm totally fine!” Breathe! Relax! Inhale. Exhale. Sometimes when you're running around, it's difficult to look up and see the big picture. You're working hard towards your future, and it'll all pay off. Think about what it will be like when you're done your finals—you can get wasted and not do homework all weekend, and you can go camping without bringing your binders. You can finally sleep in past 6 a.m. and no 8:30 a.m. classes! In the big picture of things, you're doing an excellent job, whether you have stains on your shirt or not.

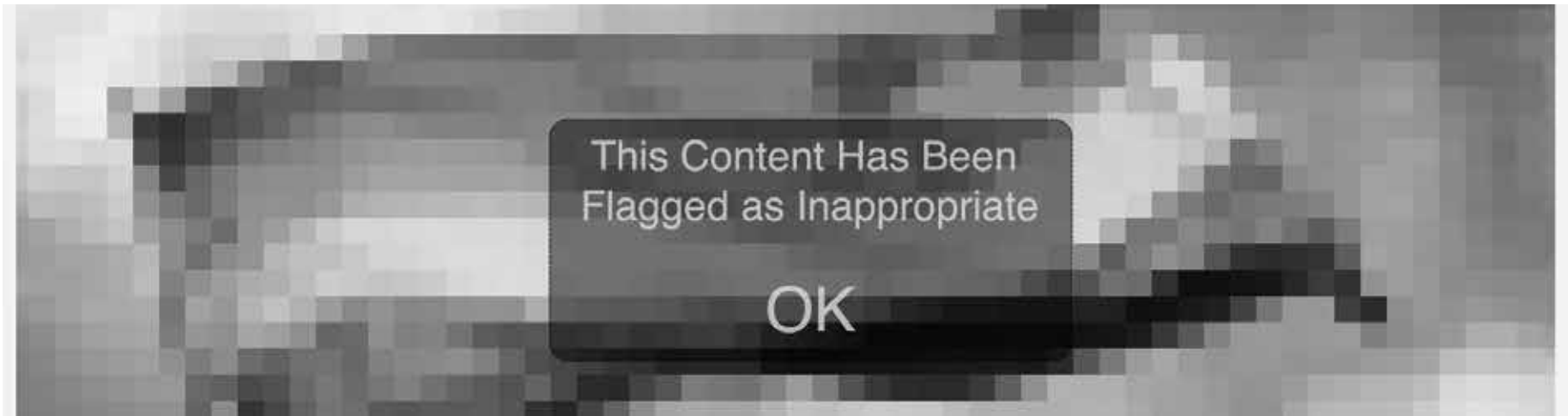


Photo Illustration by Mike LeMieux

YouTube restrictions censoring LGBTQ+ voices

› Being gay is not inappropriate

Cazzy Lewchuk
Opinions Editor

Until recently, LGBTQ+ issues were continuously silenced and suppressed by society. It was not until the last couple decades that these identity started to become acknowledged and accepted by mainstream society.

Today, many misguided individuals continue to oppose non-straight and non-cis people. They feel that being LGBTQ+ is immoral, unnatural, or offensive. It is almost universally agreed by science that sexual and gender orientations are entirely natural and not a choice. Discriminating against people for a natural behaviour that they cannot control and that does

not harm anyone is incredibly wrong. Sadly, LGBTQ+ people are not only discriminated against by general society in many areas, but law legalizes this prejudice or even restricts their identities.

Denying the existence of millions of people's identities has very serious repercussions. Visibility can and does save lives. For people in tough situations, knowing there is someone else out there who understands and listens can mean the difference between life and death. While these identities are represented more now than ever before, the LGBTQ+ voice in society continues to be marginalized.

Recently, YouTube announced new settings for "restricted content." Among other things, this set many videos

featuring any sort of reference to the LGBTQ+ on restricted mode. It didn't have to represent explicit sexual content, depictions of same-sex relationships or stories of what it's like to be in the community were enough to get the setting. After a massive public backlash, YouTube has begun fixing these restrictions.

YouTube's actions are awful, but are only a reflection of a society that censors anything gay. Things that are considered normal or appropriate by heterosexuals are seen as much inappropriate/explicit when homosexuals do it. It is a double standard. Same-sex relationships with no physical content are seen as sexual, and tame displays of affection (e.g. two men kissing) are viewed as more sexual than a

man and a woman doing the same thing.

Like them or not, the LGBTQ+ are a part of society. We all know and interact with them, whether we know it or not. Suppressing and censoring these identities sends a message that they are abnormal and should not be exposed to society. It is societal segregation and is little different than censoring race-based culture (which also continues to happen frequently).

LGBTQ+ individuals live their entire lives worried that someone in society whom they are trying to interact with will shun or hurt them for their identities. It is vitally important to promote a society of tolerance, acceptance, and support for the community. This starts by not considering those identities as abnormal.

More funding and optimism in the federal budget

› Social programs, industries receive boosts

Jerrison Oracion
Senior Columnist

The Canadian Federal Budget this year caused a lot of anticipation. Some people thought that it would be a response to Donald Trump's State of the Union Address last month. The speech actually fulfilled more of the Liberal Party's promises. It is the shortest Federal Budget speech that I have seen, with a running time of around 20 minutes. Before it was read, the speech was delayed by 35 minutes because some MPs were complaining that other MPs already received the speech while they were voting to proceed to it. Also, they were complaining that an MP tweeted a picture of the proceedings in the House of Commons, which is not allowed.

Then Minister of Finance Bill Morneau read the speech. The Federal Budget mainly focused on benefitting the

middle class. He began by talking about the 150th anniversary of Confederation and the previous generations, which he described as: "Generations that built a country on the belief that with hope and hard work, they could deliver a better future for themselves, and for their kids and grandkids." Also, he talked about people being unsure of the future because of the changes in technology. Next, he talked about how the Canada Child Benefit has helped a lot of families.

He gave an update on the government funding public transit projects and he said that the funding helped the maintenance of the SkyTrain. He also announced that 50,000 social housing units will be renovated to reduce the amount of people on the streets. Then, he talked about funding for education and skills training to show how innovative the country is (further details can be found in our News section). There was an announcement on

how the government will fund digital and clean technology, agriculture, advance manufacturing, bio-sciences and clean resources to "lead globally and create good jobs for Canadians." The second half of the speech involved Morneau recapping the accomplishments that the government achieved in the past year, including their climate change plan, more rights for women, and more funding for indigenous people and CETA. The two biggest announcements in the Federal Budget were that \$11 billion will be used to fund a national housing strategy, which is something that a lot of people were waiting to happen, and could significantly reduce homelessness. Also, he announced that they will fund \$7 billion in the next 10 years to build more child care spaces, a move welcomed by the NDP. Finally, the opposition parties responded to the speech. Conservative Finance critic

Gérard Deltell asked Morneau why the deficit is bigger than predicted, and NDP ethics critic Alexandre Boulerice asked him when the government will help people get out of poverty. Conservative Immigration critic Michelle Rempel asked Morneau how they found the information that was in the speech.

Morneau answered all of their questions with the same response, which is that the Canada Child Benefit helped a lot of families and the unemployment rate in the country is lowered. In the case of Rempel's question, he said that he got the information from economists, which are projected and subject to change without notice. He adds that investing in various things will boost the economy, which will likely work in the next few years compared to when Harper's administration cut funding for programs. The Federal Budget this year showed that the country is stable and that sunnier days are on the horizon.

Get a move on!

› Why people who stand on escalators are a plague on society

Chandler Walter
Assistant Editor

We've all been there. Rushing down the SkyTrain escalator, seeing the bus sitting in the distance, exhaust leaking out of its tail pipe, the driver slowly treading towards the mechanical beast. You can make it. By gods, you will make it. If only this guy in front of you would keep moving.

"Go Go GO!" you shout at him, silently, in your own head, as the bus doors close. You hurdle over the Compass Card fare gate, get tackled by a TransLink security officer named Neal, and watch as your bus drives off into the sunset without you. Your commute has been extended another torturous 15 minutes.

Naturally, the stationary man on the escalator is to blame, and all those related to him, whether related by action, or by blood.

Human kind has created many marvelous feats of engineering. We've laughed in the face of evolution, trading in our mediocre legs and weak lungs for rubber, engines, and cup holders. We've corrected eyesight, harnessed the power of the sun, and—most miraculously of all—created escalators that make us travel faster. Literally stairs that move you more quickly in the direction you are going.

But we've become lazy.

Instead of using these great revolving stairs of steel to hurtle us more efficiently



Photograph by Analyn Cuarto

towards our ultimate goal, we simply stand. All human motor functions cease. We allow ourselves not to be pushed forever onwards, but to be carried. And I think that it is despicable.

"But going up stairs is hard," you shout at me, in your own head, staring at a newspaper (or a computer screen—there's that technology we talked about earlier). Well life is hard, and if you aren't willing to put in the effort to walk up a

few steps, there's really not much I can do about that. But at least stick to your side (not of the argument, of the stairway).

We live in a free world, a world where people can move about in however fast of a motion that they so desire. You may not walk up escalators, hell, you may not even walk down them, and that is your right. But don't you dare take that right away from me. I'm looking at you, person who stands in the middle of the

escalator. I'm looking at you, lady who places her suitcase beside her on the escalator. And I'm especially looking at you, teenage couple who stop to make out while riding on the escalator.

Have a little bit more awareness of those behind you, and move over to the right side. The slow side. The wrong side.

And eat my dust.

Whistleblowers are still the good guys

› Despite collusion with Russia, leaks are crucial to keeping government honest

Greg Waldock
Staff Writer

The role whistleblowing has in politics is hard to overstate. It places an enormous pressure on governments to remain legitimate, knowing that corruption, collusion, and mistakes may be displayed for the public to see. Unfortunately, the largest role whistleblowing has played recently was an involvement in getting Donald Trump elected, potentially in collusion with Russia, and something that terrible can make it easy to forget all the good that WikiLeaks and its ilk have done in politics.

In 2006, Julian Assange established WikiLeaks, a website built to hold documents hacked from government databases that reveal corruption and illegal activities. In the early 2010s, WikiLeaks would come to the international stage as both Edward Snowden and Chelsea Manning used the platform to leak documents regarding international spying and military atrocities in Iraq respectively, along with evidence of large-scale corruption in both the Democratic and Republican parties. These three people, along with several others from countries around the world, have changed modern geopolitics and created a system that can hold governments accountable in a way that could never have been done before.



Julian Assange, Image via dailymail.com

During the 2016 American election, WikiLeaks was strategically releasing files seemingly with the intent to cost Hillary Clinton a presidential victory. Thousands of documents, internal memos, and emails were revealed in 2016, proving that Clinton and the DNC were up to seriously illegal and unethical stuff during the past few years. Of all the documents leaked, almost none of them related in any way to the Republic Party or Donald Trump. While the idea of a whistleblowing agency

being controlled by a government—apparently Russia in this case—is terrifying and undeniably horrible, an even worse outcome is the American government using this as an excuse to crack down even harder on people who try to bring crimes and corruption to light.

Faith in WikiLeaks is shaken, as it should be. The entire organization may have been compromised by a government, or it uncharacteristically chose a political leaning. This is not okay. But what's

even less okay is allowing the American government, or any government, to take further actions against the whistleblowers that have been an unbelievable positive for our countries, even if it means WikiLeaks remains unfairly biased against the Democrats. A single ethical whistleblower is more trustworthy than an entire government, especially when that government has so much to hide.

What happened to honest, moral shows?

> Darker television in the modern age

Colten Kamlade
Senior Columnist

I don't watch a lot of TV anymore. I've tried to get into action dramas like *Hell on Wheels* and sitcoms like *The Big Bang Theory*, but I always grow tired of them.

I used to love sitting down to watch a good show. There's something magical about getting wrapped up in a blanket with a hot cup of tea and watching a story unfold. So what has turned me off of television? I believe it's because TV shows have become darker, characters are nastier, and the subject material is depressing.

My parents raised me on *Little House on the Prairie*, *The Waltons*, and other classics. The primary focus of these shows is the moral development of the characters. There are struggles, and there isn't always a happy ending for the protagonists, but they face each problem with an arsenal of moral convictions. At the episode's conclusion, there is a sense that the "right thing" has been done. Modern television does not give us this satisfaction. Everything is morally ambiguous to the point that even protagonists are not really heroes, but anti-heroes. I don't want to discuss whether this is good or bad, but to

ask why this change has occurred.

I think that art often reflects the state of society. *Battlestar Galactica* mirrored the fear and paranoia that festered in the U.S. after 9/11 and the 2003 invasion of Iraq. I believe that current TV shows reflect the uncertainty that we feel towards world events. Characters like Rick Grimes from *The Walking Dead* and Tyrion Lannister from *Game of Thrones* are prime examples of this trend. Rick is volatile, unpredictable, and in some episodes, prone to hallucinations. Tyrion is vile in many ways, and yet he can't quite be labeled a villain. In a time when it's not clear what is true or false, what is right or wrong, such characters represent a generation of people who are not quite sure of anything.

TV has always involved some darker elements, but these dark elements seem to be the main focus of recent television shows. Even *Riverdale*, the new live action take on the Archie comics, involves murder. It's not necessarily bad that writers are tackling more difficult moral questions, but I do miss the simplicity of older television. It's comforting to know who the good guys are. In an age of uncertainty, I'm thankful that I can retreat back into the annals of television history.

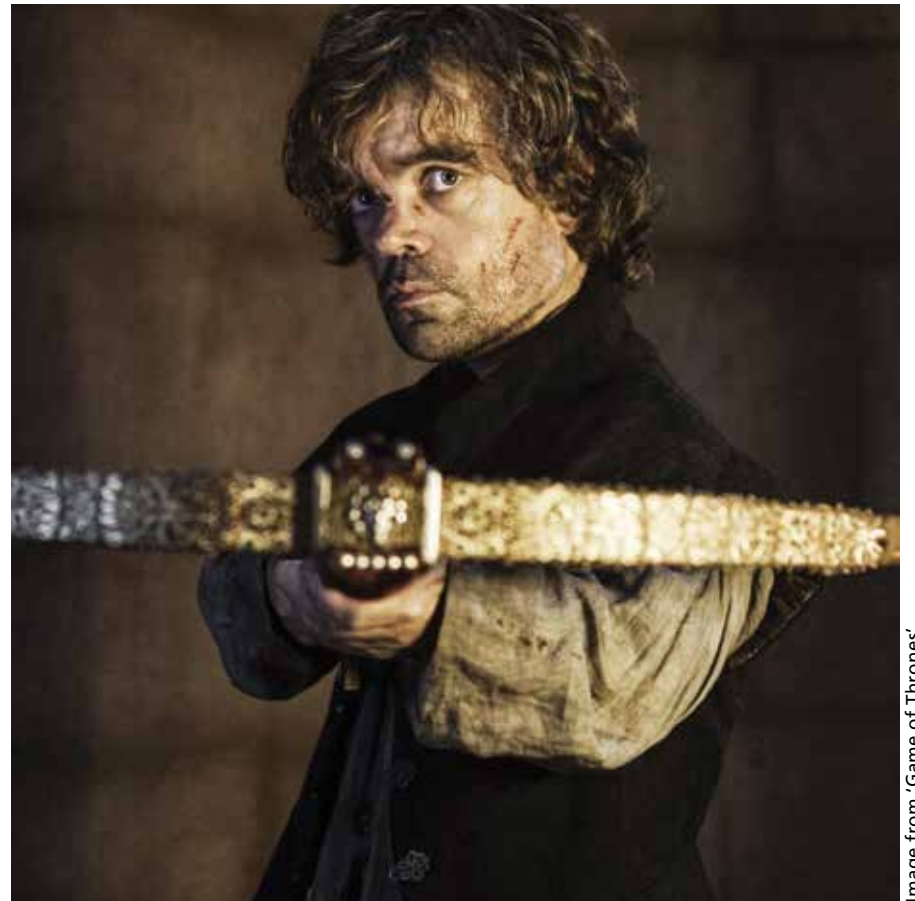


Image from 'Game of Thrones'

No music in 'Mulan' doesn't mean the movie is doomed

> The progress and development of Disney remakes

Cazzy Lewchuk
Opinions Editor

I think *Mulan* is one of the greatest Disney movies of the '90s. It takes place in the gorgeous setting of ancient China, and stars one of the most ass-kicking Disney "princesses" (not defined by a lack of royal status!). She's a woman of colour, she spits in the face of patriarchal standards, and she even has Eddie Murphy as a dragon guardian. The songs are pretty great, too—"as mysterious as the dark side of the m-oooooooo-oon!"

The internet went bananas when it was announced that it would be the latest Disney film to get a live-action remake. More recently, fans nearly had a complete meltdown when it was announced by the director that current plans indicated there are to be no songs in the new movie.

No doubt, the music of *Mulan* is part of what makes it so awesome. But it's also not essential to the story. *Mulan* is already a great deal darker than many Disney films, with the entire plot revolving around massive battles. While the songs, like most Disney movies, are excellent, their purpose is to cater to children and lighten the mood of a story. They often do not match the tone of the epic story, and may not translate well into live-action.

I suspect choreographing and recording the music from *Mulan* in a live-action context would be incredibly difficult, expensive, and risky. There's a good chance it just wouldn't work out well. By removing music from the story, the movie can instead focus on

cinematography, plot details, and other opportunities to expand on current elements. The live-action *Cinderella* wasn't a musical, and the live-action *Jungle Book* only featured two songs. These remakes chose to highlight the visuals and use what made sense for the live-action medium. These movies show that the storyline of *Mulan* as a big-budget adaptation doesn't need songs to be effective.

Mulan is a Chinese legend that's 1,500 years old. China has made several adaptations of the story already, including a live-action epic in 2009. Hollywood continues to focus on movies, particularly big-budget ones, with casts dominated by white people. *Ghost in the Shell* features white Scarlett Johansson as a dark-haired cyborg woman in a heavily Asian-inspired setting based on a Japanese franchise. *The Great Wall* featured Matt Damon (as a European mercenary) in medieval China fighting monsters alongside a lesser-known and lesser-paid Asian cast. *Mulan* will actually feature an all-Asian cast, including a Chinese actress to play the woman warrior. This remake is an incredible opportunity to show that mainstream big-budget films can succeed even with a non-white cast. It's an opportunity for an Asian actress (how many young female Chinese actors can you name?) to be recognized and appreciated by western audiences. She doesn't have to sing to make this iconic Disney princess stand out on the screen. She can inspire and entertain children everywhere with her actions instead.



Image from 'Once Upon a Time'

HUMOUR

- ✓ Update on the new Cold War
 - ✓ Missed connections
 - ✓ Scientists try to find a cure for procrastination
- And more!

Your Horoscopes

› We're going to tell you how you're feeling, to try to make you understand

Rebecca Peterson
Humour Editor

Here at the *Other Press*, we know the rules and we believe you do too. If you're looking for a full commitment to your future, we guarantee that you won't get it from any other paper. Without lying and certainly without hurting you, we plan to show you what you might be too blind to see.

IF TODAY IS YOUR BIRTHDAY...

Without realizing it, you are escaping what ultimately amounts to an incredibly lame, super outdated practical joke conjured up from the deepest recesses of an exhausted humour editor's abyssal mind. Also, this is a good time to start planning for your retirement, even if you haven't started your career.



ARIES
(March 21 – April 20)

"Never say never" is a phrase you have heard an awful lot over the course of your life! It's stupid. It was originally meant to dissuade negative thinking, but in the Dadaist hellhole we've found ourselves in, learning to say never can be incredibly empowering. This week vow to say "never again"

or "never, not even once" to at least one thing. Trust me. It feels great.



TAURUS
(April 21 – May 21)

Going somewhere? Maybe you should! Maybe you should go far, far away.

Explore a wild jungle, or a tame savannah, or a moderately exciting museum. Just make sure to let everyone on Facebook know when you're gone. While you do this, also include your address, and the location of your spare key (under a doormat works just fine). When you return from your trip, you will find that much of the weight of your material existence has been lifted from your shoulders!



GEMINI
(May 22 – June 22)

To avoid making bad decisions this week, consult a trusted friend. Have them make

the bad decisions for you instead.



CANCER
(June 22 – July 23)

Give generously to those in need this week. People in need

include: Exhausted humour editors, people who wear blue lipstick, wine snobs, casual gamers, people with a nail polish obsession, and people whose full initials spell out "R. A. A. P." Bonus if you find someone who falls into all of the above categories, as that hypothetical person accepts cash donations as well as free coffee, free wine, and free food.



LEO
(July 24 – Aug. 23)

You should inform your next of kin. Why? Well, that's for you to find out.

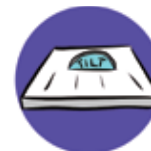
us to know, and



VIRGO
(Aug. 24 – Sept. 23)

Up ahead is a period of smooth sailing; that is, if you are specifically a sailor

planning a sea voyage. For Virgos of any other profession, it's going to be business as usual, for better or for worse... if you happen to be a businessperson, that is.



LIBRA
(Sept. 24 – Oct. 23)

Never be afraid to admit when you're wrong! Also, never be afraid to admit when you're right.

Additionally, never be afraid to admit when you do not have enough facts to form an opinion on a matter one way or another. Lastly, never be afraid to burst into tears and run away when you're done answering a line of inquiry.



SCORPIO
(Oct. 24 – Nov. 22)

Going forward, you should be aware of the presence of dark

forces and the impact they have upon your life. The impact is minimal to none, but we thought you should be aware, regardless.



SAGITTARIUS
(Nov. 23 – Dec. 21)

To fully appreciate the glory and possibilities of this coming week, we

suggest you spend it in bed. Preferably asleep. The dreams you have will not be prophetic or helpful in any way, but they *will* be very entertaining.



CAPRICORN
(Dec. 22 – Jan. 20)

Let someone in this week! We know you've heard them knocking outside your door late

at night. We know you've heard the screams. Let them in, Capricorn... For the night is dark, and full of terrors...



AQUARIUS
(Jan. 21 – Feb. 19)

You should know that we think you're just swell, Aquarius!

Keep doing what you're doing.

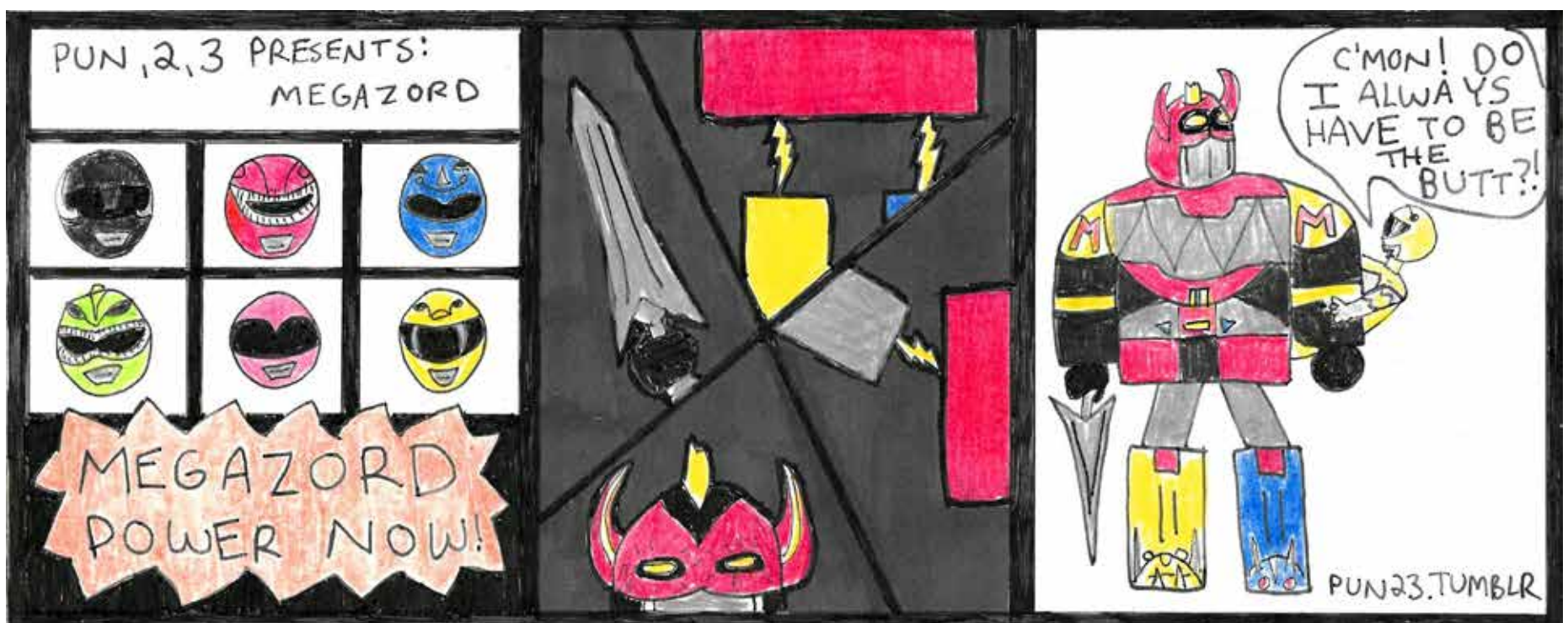
(Unless it's murder; the *Other Press* does not sanction murder. Not officially, anyway.)



PISCES
(Feb. 20 – Mar. 20)

Down the line, there will be some tough choices to make: What

will you do with your life? Where will you go for dinner? When will you tell them that it was *you* that did that horrible, unforgivable thing? We don't know the answers, Pisces. We suggest you invest in a Magic 8 Ball for counsel instead.



UPDATE ON THE NEW COLD WAR

> We're probably all going to die

Rebecca Peterson
Humour Editor

Back in January, the *Other Press* reported on the first week of the new Cold War, and found that things seemed to be going relatively okay. However, things have rapidly gone downhill since then, and an entirely new verdict is in.

"We're definitely fucked," said local shopkeeper and first Cold War veteran Sol Serviver.

Since the *Other Press's* last report on the matter, the new White House administration—under the guidance of a fascist orange toddler and his flying howler monkeys of bigotry—have been systematically destroying every check and balance set in their path preventing nuclear annihilation.

"If you can imagine a rolling snowball of horseshit and terror gaining speed, size, and momentum, plummeting down a mountainside towards that big red button everyone talks about, while the judicial system and the few politicians whose spines are still intact keep throwing themselves in front of it to slow it down, that's kind of where we're at right now," continued Serviver. The *Other Press* caught up with the veteran as he stocked the pantry of his new fallout shelter, a product of the newly-prosperous Bomb Shelters R Us store. "Meanwhile, there's so many fucking strings attached to it—like, if Trump made a deal with Russia that he can't deliver on because his lackeys keep getting fired for being in bed with Russia, sometimes literally, we're fucked. If North Korea keeps up with the shit they're pulling right now and Trump keeps ignoring them and provoking them by turns, we're fucked. If America tears itself apart due to civil war breaking out—actually, that's sort of a best-case scenario to be honest.



But still, someone's going to be at that red button eventually, and we're still fucked. That's not even touching the bogeyman in the closet that's Daesh..."

The *Other Press* found Douglas students Katja Scavenger and Ian Crimson once again for their thoughts on the matter.

"I think I'm too emotionally and mentally worn out to care too much

at this point," said Scavenger. "I mean, for one thing, I've got finals coming up so it already feels like the end of the world. But I think there's a reason why our generation is kind of renowned for fatalistic humour and general nihilism. We know it's more of a case of 'when' than 'if,' you know? No point breaking our brains over it. Hey, do you happen to know anything about

enumerative induction, by chance?"

"I think I remember saying that things weren't super dark last time we spoke? Yeah, screw that, it's all looking pretty damn bleak right now," said Crimson. "I don't know; I try to stay optimistic. Like, hopefully Canada makes it through the whole 'nuclear annihilation' thing, but I've got my bomb shelter ready either way."

Missed connections

> I saw you...

Rebecca Peterson
Humour Editor



SkyTrain Soapbox

Me, a lowly student waiting for the Expo Line to Production Way at New Westminster station. You,

some kind of GamerGate dudebro on the other platform, talking about the forced inclusion of diversity in gaming and how the problems in *Mass Effect: Andromeda's* animation rigging was somehow the fault of the "SJWs." I felt, upon listening to you, that we were somehow meant for one another. I'm sure of it; yes, we are soulmates. You are the arch-nemesis of all my lifetimes, and I must find you again so that we can fight one another to the death. You can pick the time and

place. Email me your opinions about sending death threats to female game devs so I that it's you.



meowwww

I saw u as I was walking home last 2sday and it was luv at 1st site. u had beautiful black hair and enormous green eyes that shone

in the dark. before I could talk 2 u tho u disappeared into a bush. my <3 was </3. u were the most beautiful cat I have ever seen and I think we should be 2gether 4ever. pls come find me. I <3 u mr kitty.

Some kind of REM bullshit

I've been looking for you all my life, but I've never needed you more than now. I feel like I've caught glimpses of you in the



a 20-page essay due tomorrow, and I haven't started. I could really use some divine intervention right about now.



wind, the rain, my own reflection, but I've never trusted these moments. Please, God, if you're out there, show me a sign. Finals are coming. I have

probably my soulmate

It was last Friday outside the Wings by Loughheed when I saw you—short, red-haired, and very angry.

You challenged a passing minivan to a fist-fight while your friends held you back, then proceeded to vomit behind

a bush. When you came back, you told a garbage can to "watch its fool self" before walking directly into a street lamp. I think I'm in love with you. Call me?



I should have asked when I had the chance...

I smelled u before I saw u—the most delicious fragrance, salt

and heat and something intrinsically u. when I saw u I new I had 2 have u, but I was 2 shy to say anything and b4 I could find my voice u were gone. U were the most delicious poutine ive ever seen in my whole life, and I don't know where u came from. Dis was close to the waves on front street and if u no where I can find this poutine PLS MESSAGE ME ITS HAUNTING MY DREAMS.

Scientists try to find a cure for procrastination

> Project delayed by unforeseeable shenanigans

Carlos Bilan
Staff Writer

Scientists at Toronto-based Productive Discoveries, a company of some sort, have been conducting research for one of their biggest projects, a cure for procrastination.

"Yes, we've all decided that a cure for procrastination is what the world needs right now," said the chemical engineering head of the project, Dr. Adrian Luego M.D. "Did you know that 98.99 per cent of college students experience this phenomenon? It's very interesting because when you—"

(The interview was paused briefly to allow Dr. Luego to answer his phone.)

"I'm really sorry. There seems to be an urgent matter I must address. I'll direct you to my assistant Dr. Leigh Terry, you can include what I said to the paper and she can continue where I left off," said Dr. Luego.

The *Other Press* was led to Dr. Leigh's office, where the interview continued.

"As Dr. Luego was saying, we at the College Dilemma division have been looking for a cure for procrastination,"

said Dr. Terry. "The statistics are very worrying because it seems like so many students are victims of this. We are hoping to create a pill or product that would destroy the agent that creates procrastination."

Dr. Terry then gave a tour of the College Dilemma division.

"You see, we have a lot of researchers. Here at Productive Discoveries, we do our very best to create solutions, not problems," said Dr. Terry. "We really haven't started the third phase of our research because we want to make sure that everything is perfect, so if you notice that the laboratory equipment appears untouched, that's the reason why."

The *Other Press* was then introduced to one of the researchers: Dr. Peter Dopo, a psychologist and Harvard graduate.

"Some of our research methods include looking

through YouTube videos, reading blogs, and reading self-help books which give tips on curing procrastination. In this way, we ensure that we really have a firm grasp on what people should do so they can stop procrastinating," said Dr. Dopo.

The interview was again interrupted by the sudden reappearance of Dr. Luego, who had exciting news to impart upon his colleagues:

"Hey everyone! Sorry to interrupt, but I just received a call from one of our investors. DRAKE JUST RELEASED A NEW ALBUM!"

Everybody in the College Dilemma division began to cheer. Drake's first track "Free Smoke" from his new album *More Life* began to play from all the speakers in the building.

"Yes, this is a daily occurrence," said the head of the research division, Dr. Roger Später. "Dr. Luego allows us to take breaks quite frequently, because he knows that such a big project requires a lot of time and a lot of thinking. All of us in the department are really happy to be working here."

"Although I must admit that I'm worried about our deadline for our second phase completion. Last time, Dr. Terry made us work overtime to finish the first phase. Apparently, the report was due the following day at 7 a.m., so he called us all in at 11 p.m. to work the graveyard shift. It was very stressful."

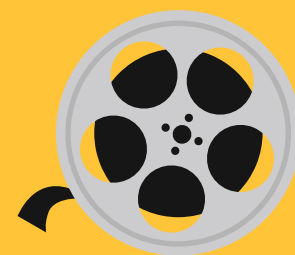
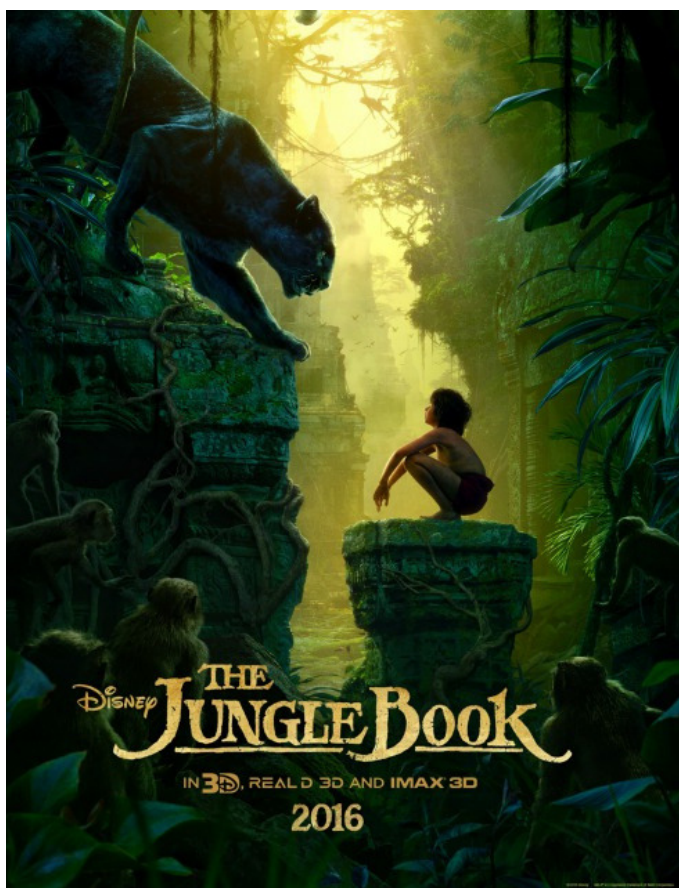
When questioned on the matter, Dr. Luego was quite candid in his response.

"I admit the first phase was not as outstanding as we hoped it would be. The CEO thinks it could be better. He said if it was a graded report, it would be a B-. We finished the job, which is the main thing, but I admit that we probably got a bit carried away there. That's why I myself have also been taking part in the research process by putting all the videos teaching how to combat procrastination on my 'Watch Later' playlist so I can get to them when I finally have the time."



By: L. A. Bonté

For more comics visit FilbertCartoons.com



BCFS LOCAL 6

MOVIE DAY

10:30AM - THE JUNGLE BOOK



12:30PM - FANTASTIC BEASTS
AND WHERE TO FIND THEM



2:30PM - THE LEGO MOVIE



TUESDAY MARCH 28
NEW WEST CONCOURSE



WEDNESDAY MARCH 29
COQUITLAM AB ATRIUM

or more info on dsu events download
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